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MK NEWS

Mother's plea for sick three-year-old son

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THE WEEKLY NEWSPAPER AWARDS

Top of cleaner's head sliced off at meat factory

Woman's work colleagues heard her scream as meat blender flap slammed shut

BY LAURA HANNAM

laura.hannam@mk-news.co.uk

A CLEANER had the top of her head cut off in an accident at a meat processing factory an inquest has heard.

Lynda Trebilcock, 53, from Arncliffe Drive, Heelands, died of her injuries on Saturday, May 19, 2007 at the DeliCo factory in Tattenhoe where she was employed as a cleaning team leader.

The inquest held yesterday heard there was an unsafe system of work at the factory.

Mrs Trebilcock, who had been working at the plant for less than two months, had been inspecting a blender in the 'ham room' after it had been cleaned in the early hours of the morning when two colleagues who were working nearby heard her scream.

She was found lying on her back on the floor.

It is believed Mrs Trebilcock had crouched beneath the blender, which is used to mix up to four tonnes of meat, to inspect a flap from which the load is discharged to ensure it was clean. This flap closed suddenly with substantial force acting like a pair of 'scissors' cutting off the top of her head above the eye brows.

Mr William Bates, HM principle specialist electrical inspector who looked at the machine as part of a Health and Safety Executive investigation, said the blender should have been isolated from the mains electricity supply before an inspection was carried out.

The inquest heard there was no evidence Mrs Trebilcock had received specific training on how to safely clean and inspect the machine or warned of the risks, including the need to isolate it.

A metal clip board was also being used to cover a sensor in order to keep the flap open.

It is believed the clip board may have been knocked, possibly by Mrs Trebilcock herself, causing the flap to shut on her head.

Clive Stevens, operations and technical director of Cranswick Convenience Foods Plc, which owns DeliCo, said that the clip board had been used in this way for many years before the factory was acquired by the company in 2006 and is no longer the practice.

As the company was going through a transition period since the acquisition staff had not managed to carry out risk assessments on all of the machines but the process had begun, the inquest heard.

The jury entered a narrative verdict concluding that the 'custom and practice' of using a clip board for this purpose was not a safe system of work.

It added: 'There was no instruction given for isolating the blending machine during inspection of the cleaning to render it inoperative' and ' there is no evidence of any specific risk assessments having been carried out or of any specific dangers identified in respect of the blender in question and the same being communicated to the deceased.'

Bernard Hoggath, chief executive of Delico Ltd said: "On behalf of the directors of the company and all the staff of Delico I would like to extend our deepest sympathy to the family and friends of Lynda following this tragic incident.

"Our thoughts are also with all those colleagues who worked alongside Lynda during her short time at the factory where we know she will be sadly missed.

"As investigations are current and will be ongoing for sometime the company feels it would be inappropriate to make any further comment at this stage."

A statement from Mrs Trebilcock's family said: "Lynda was a wonderful mother and grandmother as well as a fun loving and devoted wife.

"What is important and what we hope are that lessons have been learnt from this avoidable accident and that DeliCo never repeat the same mistakes again.

"The family are still waiting for a formal apology and a recognition of fault by DeliCo."

What goes up must come down – find out about the latest extreme craze to hit MK.
See story on page 7

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The MK NEWS team: Winners of the Newspaper Society free newspaper of the year award

MK NEWS is best – official

MK NEWS has been named the best free weekly newspaper in the country.

The paper picked up the top prize at a prestigious ceremony for the Newspaper Society Awards, held in Leeds on Thursday night.

The awards are a showcase for the outstanding work performed by the weekly local press.

MK NEWS was shortlisted in four categories.

It was named Best Free Weekly Newspaper of the Year after winning the regional contest as the best free weekly newspaper in the South East and Greater London region.

Jusges described the paper as "a great all round package, containing strong editorial with a clean and attractive design."

MK NEWS photographer Andy Handley claimed silver in the Sports Photographer of the Year section.

The paper also took bronze for Niche Publication of the Year for its 2007 glossy Christmas Special supplement.

It is the second national award the newspaper has won this year.

In the summer MK NEWS was named UK Weekly Newspaper of the Year at the 2008 UK Newspaper Awards.

Editor David Gale said: "This is a fantastic achievement for MK NEWS. The whole team has worked very hard this year – this is just recognition of their efforts."

Ouch: Andy Handley won silver with this picture

Rachel Manning murder retrial

Barri White jury hears Transit van evidence

Barri White, left, of Epsom Grove, Bletchley, gives his evidence on Thursday

BY ROB GIBSON
rob.gibson@mk-news.co.uk

THE jury in the Rachel Manning murder trial has listened to evidence from forensics experts about particles found on the 18-year-old's clothes.

As the prosecution's case against Barri White, Rachel's boyfriend, continued yesterday at Luton Crown Court, geo scientists and biologists took to the witness box.

Professor Kenneth Pye, Deborah Hopwood and Michael Jones are the final witnesses for the prosecution before Mr White, of Epsom Grove, Bletchley, gives his evidence tomorrow.

Ms Hopwood, a forensic scientist, told the court that she examined samples of animal hair taken from Rachel's skirt and hotpants and compared them with hairs from the passenger and driver's seat of a Transit van found near the scene.

She said: "I found a number of animal hairs on the skirt and the hotpants.

"There were animal hairs present on the driver's seat."

But under cross-examination by the defence, Ms Hopwood said that her findings were inconclusive.

She said she was aware that there had been a two day delay between Rachel's disappearance and the discovery of the van.

Ms Hopwood said: "I couldn't tell either way if Rachel Manning had been in the van but I don't think we can exclude that possibilty."

On Friday the jury were taken by coach to several locations in Milton Keynes and Woburn that have featured in the evidence.

They toured the area, along with Mr Justice Cooke and barristers, from the site where Rachel was last seen to where her body was found in the undergrowth at Woburn Golf Club.

The case is being tried for a second time having been referred back to Luton Crown Court by the Court of Appeal.

The prosecution alleges that Mr White, now 29, argued with Rachel outside Chicago night club in the city centre and then strangled her, on or about December 10, 2000.

It claims that he persuaded a friend to help him dispose of the body in his Transit van.

Mr White denies having anything to do with Rachel's death and claims he went looking for her and left messages for her in the hours after her disappearance.

The case is expected to conclude next week.

Toddler's search for bone marrow

City residents asked to go for blood test to help save sick child

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

Mum Chantelle Moore with Keano who has a rare blood disorder

A TODDLER from Zimbabwe with a rare blood condition needs the help of city residents to survive.

Three-year-old Keano Klein moved to England with his mother Chantelle Moore, 31, in search of treatment and a bone marrow transplant for a disorder called DD Kostmanns Syndrome and SCN Severe Congenital Neutropenia.

His best chance of finding a bone marrow match are from someone of mixed race, though there is a shortage of minority ethnic donors.

Without the transplant, Keano, who has been in and out of hospital and undergone seven operations, has an extremely short life expectancy.

Miss Moore, a secretary, left Zimbabwe, where Keano's father still lives, because medical treatment is expensive there - with patients being left to go out and buy their own needles and equipment.

She travelled to South Africa and Germany desperately trying to find help for her only son, before settling in Conniburrow in October.

Her family scraped together the money for them to come here, and are trying to pay the thousands of pounds it costs to treat Keano at Milton Keynes Hospital.

She said: "They haven't given me a time frame with his life. But he's been getting sick, having breathing problems and has got a chest infection. The hospital in Milton Keynes has been so kind to take us as outpatients.

"Somebody out there could be my son's donor. But it's not only for Keano, there are so many children like him who need help."

On Tuesday, December 16, blood disorder charity, the Anthony Nolan Trust, will be hosting a clinic to sign up bone marrow donors to find a match for Keano at York House Centre, London Road, Stony Stratford.

Debby Jepps, a donor recruitment manager for the trust, is urging everyone to go along and have the small blood test. Even if they are not a match for Keano, they may be for someone else.

She said: "It is probably Keano's only chance of survival and he's really relying on people to come forward. I'm sure that there is a match out there for him, that special person who can save his life."

Dead man's mum pleads: "Where's his body?"

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

Jonathan Dolton: His body has never been found

A MAN has been declared dead six years after he was killed, though his body was never found.

At the inquest the parents of Jonathan Dolton pleaded for their son's killer to finally reveal where his body is.

Sheila and Alan Dolton's 20-year-old son disappeared in February 2002.

Stuart Martin, 46, of Althorp Crescent, Bradville, is serving a seven-and-a-half year sentence for manslaughter after being cleared of murder.

He has never admitted the killing or given any clue where the body is.

An inquest was held at Milton Keynes Magistrates' Court on Friday after permission was given by the Ministry of Justice.

Stuart Martin missed much of the proceedings after refusing to return after a break claiming he was ill.

When he came back Jonathan's parents were given their first chance to address their son's killer directly and pleaded tearfully for him to reveal where their son was.

Mrs Dolton said: "We have got an empty grave waiting and a head stone. Where is his body?"

Martin answered that he did not have to comment.

The inquest heard Jonathan, a computer whizz who co-founded Stony Stratford based Extreme PCs, was last seen in the early hours of Monday, February 25, 2002 driving to his home in Park Road, Stony Stratford after visiting a friend.

DS Clive Denton told the inquest that friend received a 'bizarre' phone call later that night with shouting and swearing and Martin's voice saying 'Now you have blood on your hands as well'.

Mr Dolton's house was found empty the following day with the television and lights on and his four-wheel drive car was discovered abandoned behind shops on Heelands.

Martin fled to Melbourne, Australia where he was tracked down two years later by police.

A friend of his, Ian Coles, told the inquest Martin called him several times after Jonathan's disappearance and confessed to the killing.

He said Martin claimed they had argued over Jonathan's 'stupid' girlfriend and Jonathan had produced a knife.

Martin said he disarmed and killed him.

Mr Coles described Martin as a very dominant character and believed it was 'a jealously motivated attack.'

Mr Dolton lived with Martin's family for three years, before moving to his rented flat.

Coroner Rodney Corner concluded that Mr Dolton was killed unlawfully. The cause of his death was un-ascertainable.

Mr Dolton's family want an answer from Martin before he is eventually released and able to hide forever.

His sister, Nina, said they are struggling to rebuild their lives with no place to go to 'say hello' to Johnathan.

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MK LETTERS

Letters to The Editor, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU | letters@mk-news.co.uk

Drivers figure absurd

SIR – With regard to the letter 'Driven to distraction' in last week's edition.

The author of the letter comments that '90 to 95 per cent' of Milton Keynes residents are car drivers.

I would be extremely interested to know where this individual has obtained those figures because I believe them to be, quite frankly, absurd.

Having said that, however, I do agree with him/her concerning the health risk associated with travelling on the buses.

Just one sneeze is enough to infect the whole bus and I cannot understand why the council has never, to my knowledge, used the simple expedient of printing-up a couple of hundred 'coughs and sneezes spread diseases' flyers to put in the buses to remind people of the hazard involved.

Anthony Alexandrowicz
Mullen Avenue, Downs Barn

Party poopers

SIR – I wish to set the record straight on an article published on November 19 headlined 'Party-thrower fined for being too noisy'.

I was responsible for the alleged noise.

It was my birthday party and my partner, Teresa Kingwell, kindly agreed to allow me to stage a karaoke party with friends.

Neighbours were invited. Unfortunately a jealous neighbour (as I have discovered) was not involved and placed a complaint.

My issue is this: if a person cannot enjoy a rare, one-off party on his birthday what can he do?

I don't know if your readers can remember street parties, church hall bashes, dancing in the street?

What is going on with our country?

In Greece they throw plates at a party, in England we have to do a risk assessment, call in the HSO, and ensure that the party is a damp squib.

Too many jobsworth, hi-vis, spoil-sports, in my opinion.

We run a clean, quiet, house.

We're polite and considerate.

If we cannot let our hair down once in a while, well, might as well move to Lebanon, or Iraq, or Iran where they're more friendly.

James E Skinner,
Sent by e-mail

Dino-mites

SIR – May I congratulate the residents of Peartree Bridge, especially the children, for creating such great designs for the restoration of their famous paper-mache Triceratops?

Local charity Inter-Action MK is to be thanked for taking a lead in this project.

This relatively small estate is getting quite a reputation for community involvement in tackling community issues.

Well done to everyone involved, and it is a pleasure to represent this area as part of the Middleton Ward.

Cllr John Bint
Middleton Ward

Housing cash

SIR – Last week Milton Keynes Defend Council Housing (MKDCH) attended a national conference in London run by Defend Council Housing (DCH), there were over 200 people from 53 local authority areas, MKDCH sponsored six interested council tenants to attend.

DCH is campaigning for new build council housing, investment in existing council housing and stopping the privatisation of council housing.

There were various workshops where different issues were discussed, including a look at the housing revenue account.

In the case of Milton Keynes Council the Government took £17million from rent money (rent subsidy) last year and only returned £8million pounds to MKC Housing for major repairs of the homes – the rest is given to other councils all over the country or Government schemes not related to housing.

This is unfair, the rent money should be ring fenced to only be used for housing issues. If we could keep the majority of the rent money, more work could be done our homes.

The Government says it realises now this process is unfair and is currently reviewing the rent subsidy. We will have to wait and see the outcome of this.

In the meantime we will carry on with our campaign.

Janette Bobey
address supplied

A Liberty if MK shopping centre makes the grade

SIR – As a regular reader of your letters page I've seen many fine letters from readers, some with which I agree and many with which I do not.

But I've seldom seen one that has been so patronising and misleading as the one last week from 'Professor David Lock, CBE, MRTPI, chairman, David Lock Associates'.

In comparing thecentre:mk with the likes of Harrods, Liberty and Selfridges for the purposes of becoming a listed building Mr Lock conveniently manages to overlook several fundamental differences.

Most of these buildings are of grand classical design (with the exception perhaps of Liberty with its mock-Tudor facade) and have stood the test of time rather than being of 1970s concrete and steel design which has yet to be generally accepted as a classic amongst architectural designs.

Similarly I notice that his list of examples fails to include any buildings that were thought to be marvels of engineering of their time only to subsequently be pulled down and replaced because they were no longer fit for purpose, such as the much loved old Wembley stadium.

More importantly all of his examples are located in a mature city (London) with a relatively stable population and numerous retailing areas.

In contrast Milton Keynes is still in the process of growing and must be able to change and adapt as it has done moving from new town to new city and now towards being a large, mature city.

It is also a planned city with a single central retailing area and can't just evolve new retailing areas elsewhere without altering the dynamics of the entire city.

London may have achieved this but then London has had 2,000 years to do so, not a mere 40.

The Harrods, Liberty and Selfridges' buildings are all owned by their eponymous companies. If they don't find listed building status convenient they can move to another building nearby.

The listing of the Centre:MK would affect ALL businesses in the centre and there are no other similar buildings or even centres, in terms of size or location to which businesses could readily relocate.

Finally Mr Lock tells us that listed status does not preclude change; this is true but one of the oddities of the execution of this law is that change is subject to the discretion (or personal whim) of the local government conservation officers and within Milton Keynes there has, in practice, been a great reluctance to permit any change to listed buildings.

Personally I wouldn't be happy putting the future of our great city in the hands of a faceless local government official who, in practice, is accountable to no-one.

Richard Hughes, TTFN, ASBO,
BSA & Sidecar
Loughton

Lights fantastic

SIR – I would like to thank the men who strung the lights on the Christmas tree and in the trees in Bletchley's Queensway they did a fantastic job.

I wouldn't give them seven but a definite 10!

Well done it is a pleasure to walk down Queensway in the dark.

D and S Mills
Bletchley

Colder with cancer

SIR – I am writing to support Macmillan Cancer Support's campaign to freeze out fuel poverty for cancer patients.

Rising fuel prices have affected many of us, but for cancer patients the effects can be even more keenly felt. Spending longer periods at home during recovery is just one of the reasons cancer patients have increased energy needs.

Coupled with the effects of the treatment itself this means that cold really is colder with cancer.

In a recent Macmillan survey, two thirds of cancer patients struggling financially said paying fuel bills is their biggest money worry.

Cancer patients face higher bills at a time when their income has often decreased, but do not automatically qualify for help.

Nobody with cancer should be left in the cold this winter because they can't afford to heat their home.

Macmillan is urging the Government to extend the winter fuel payment to cancer patients. This annual payment is currently paid to everyone over 60, but could bring immediate help to cancer patients struggling with additional fuel costs.

If you're struggling to cope with the financial effects of cancer visit www.macmillan.org.uk or call 0800 500 800 to find out more and get hold of a copy of Macmillan's Help with the cost of cancer booklet and managing fuel costs fact sheet.

Susan Allen
Honeypot Close, Bradwell

Hippy, hippy hooray

SIR – After years of anti-car and anti-grid road policies, have the Lib Dems finally realised that grid roads work, have a superb safety record and should be celebrated and expanded?

Let's just look at some of the casualties.

The unofficial V12 (A5130) has been designated a 'city street', the V11 is sprouting traffic lights, the V4 came under heavy attack and perfectly good roundabouts have been removed and replaced with traffic lights. The V10 was only saved after uproar in Middleton and recently we've seen the New Bradwell roundabout vandalised by the 'planning muppets'.

Sadly, I suspect the truth is that the hippy LibDems still hate cars and grid roads, and this apparent change of heart is simply political gesturing.

The good news is, the looming recession gives us time to save the A5130 and V4, and perhaps the council will consider scrapping all those useless traffic lights too?

John Baker
Woughton

■ SIR – The overwhelming impression from your letters page last week is that residents don't trust the council to look after the transport network for the vast majority of residents who choose to use cars.

Examples include yet another rethink on Tavistock Street, a decision on Post Offices taken on 'interesting' data,and a review of Station Square.†

And that's without mentioning 'city 'treets or traffic lights sprouting up all over the grid.

Cllr Catriona Morris
Deputy leader MK Conservatives

LETTERS POLICY

Letters must arrive by noon on Monday. Full name and address must be supplied. Details will be withheld in only exceptional circumstances. Letters should be kept short and to the point and may be edited.

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> **The freedom of the press is paramount in what is supposed to be a democratic society**
>
> – Former Milton Keynes detective sergeant Mark Kearney

Police not laughing as info-leaking case is thrown out

BY ROB GIBSON
rob.gibson@mk-news.co.uk

Free: Sally Murrer

Free: Mark Kearney

HAVE you heard the one about the journalist, the policeman, the private detective and the soldier?

It may sound like a joke but when these people were charged with serious allegations of leaking sensitive police information, they were not smiling.

On Friday, former Milton Keynes detective sergeant Mark Kearney, Milton Keynes Citizen reporter Sally Murrer, Derek Webb and Lance Corporal Harry Kearney, walked free as a £1 million legal case against them collapsed.

Yesterday, at the end of an 18-month ordeal, they announced their intention to launch legal action against Thames Valley Police.

Ms Murrer, 50, walked free after evidence against her was ruled inadmissible after a five day legal battle.

Her barrister, Gavin Millar QC successfully argued that her right to freedom of expression under Article 10 of the European Convention on Human Rights.

Mr Millar said that Mark Kearney was a confidential source and the State had no right to covertly record his conversations with Ms Murrer.

Thames Valley Police issued a statement saying it was 'disappointed' that the trial had been dropped, despite the fact that Judge Richard Southwell said that the force failed to establish an overriding public interest when forcing the disclosure of Ms Murrer's source.

The relevant stories were revealed at the appeal hearing as local news which posed no threat to national security and in some cases was already in the public domain.

A police statement read: "Thames Valley Police behaved entirely properly in obtaining evidence that Mark Kearney passed information to a journalist."

Yesterday, Mark Kearney, 49, of Jerrards Close, Leighton Buzzard, said: "Thames Valley Police has not conceded defeat graciously.

"By any respect they were fairly beaten.

"Between us we assembled a fantastic legal team and we were able to pick out all the flaws in the police case.

"Relief is the overriding emotion at the moment.

"We're going to be taking legal action against Thames Valley Police for this breach of our rights."

He also voiced his support for the press and the police officers who help the media.

"Providing that the matters aren't crucial or serious then matters which perhaps the police would rather not mention can be made public," Mr Kearney said.

"I think the desire of the State to suppress any news that shows them in a bad light is massive.

"The freedom of the press is paramount in what is supposed to be a democratic society."

Included in their claim against Thames Valley will be questions about the whereabouts of bundles of notebooks belonging to Sally Murrer and diaries belonging to Derek Webb, a private detective from Holly Street, Luton.

Legal representative Mr Charalambous, of Simons Muirhead and Burton, said: "Sally Murrer should never have been prosecuted.

"The safeguards enshrined in law for the protection of journalists have been trampled upon by Thames Valley Police - both at the outset when they chose to bug Sally's conversations under a warrant that failed to mention that she was a journalist and later when she was arrested and brought to a police station.

"Journalists talk to police officers every day about cases, which is precisely how crime stories in newspapers get written.

"Had the case against Sally gone ahead, it would have signalled a lurch towards a police state, a situation which is abhorrent in the minds of right thinking people.

"The police officers who mounted this operation should be called to account for this fundamental attack on the freedom of our country's press."

Ms Murrer said: "The judge's decision is a victory, not simply for me, but for all of this country's journalists.

"I'm extraordinarily grateful for the solidarity shown by the British press, who have all rallied in my defence so amazingly; they have been constant in their help and support, and I could not have survived this ordeal without them."

■ Sally Murrer was accused of three offences of aiding and abetting misconduct in a public office.
■ Mark Kearney was charged with eight counts of wilful misconduct in a public office by making unlawful disclosures about confidential information between July 2006 and May 2007.

Aston Martin jobs under threat

EMPLOYEES of Aston Martin are under threat of redundancy.

The luxury car makers, part of which is still based in its historic home of Newport Pagnell, has announced it is consulting with the unions on cutbacks.

They say it relates to the fall in demand for cars during the economic downturn.

The firm employs 1,850 people, 150 of whom remain in Milton Keynes.

An Aston Martin spokesman said: "It's too early to say whether Milton Keynes will be affected. But we are looking across the whole business.

"It's all part of a 90 day consultation with the unions."

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Stone the crow's nest!

SHIP ahoy! Theatre goers are in for a big surprise this panto season.

To celebrate the swashbuckling adventure Peter Pan which starts this Friday, the technical team at Milton Keynes Theatre has been creating some Neverland magic in the foyer – a 22ft high ship's mast.

Vikki Cauldwell, Deputy Technical Manager said: "This is the most extravagant transformation we've carried out at the theatre - off stage of course!.We're used to creating magic on-stage but it's been great to be able to be creative front of house too."

Rooms in the theatre have been themed, there's a new exciting children's play area and front of house staff will be joining Captain Hook and his band of dastardly pirates with peg-legs and eye patches galore.

Elizabeth Adlington, chief executive at Milton Keynes Theatre said: "Pantomime should be a magical experience for the whole family and we wanted to offer even more this year.

The technical team has worked really hard and have relished the opportunity to use its creative skills front of house. Make sure you come along early to find out some of the surprises in store and take the opportunity to explore Neverland."

The panto stars Henry Winkler (Captain Hook) Louisa Lytton (Peter) and Andy Ford (Smee)

To book tickets call 0870 060 6652 (bkg fee) or visit www.miltonkeynestheatre.com

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Rob Gibson with cameraman Simon Ward gets ready for Airsphering at airkix

Head-smashing, stomach-leaping, heart-pounding bone-shaking whirlwind!

On Thursday night a brand new adrenalin sport was born in the centre of Milton Keynes. MK NEWS reporter Rob Gibson went along to Airkix to test out the next chapter for innovative thrill-seekers – Air-Sphere

MANY in Milton Keynes will be aware of the thrills on offer at the Airkix building, next to Xscape in the city centre.

But while indoor skydiving may be too much to handle for the faint hearted, others are always looking for ways to spice up the experience.

This is where the 'air sphere' comes in.

Anyone who has ever heard of zorbing or sphereing will know that some people like to throw themselves down green hills, cocooned inside a giant transparent ball.

I had tried zorbing during a trip to New Zealand but now a Welshman has joined forces with the Airkix business in Milton Keynes to expand the market.

Air-Sphere involves placing one of these giant, padded balls into the vertical wind tunnel at Airkix, jumping inside and cranking the wind up to 160mph.

It is the brainchild of Robert Price, owner of SphereMania.

Robert said: "It's not for the faint-hearted. It's an activity that's great and extreme. I was the first guinea pig because it's my baby.

"It was absolutely amazing."

I found myself wearing a helmet, squashed in next to a cameraman, inside the eight-foot wide ball, a little apprehensive.

From outside it looks like a gentle 30-second ride but the experience inside is a head-smashing, bone-shaking, stomach-leaping, heart-pounding whirlwind.

The ball shoots up into the tunnel and is buffetted on the wind, careering into the curved wall at random and spinning the customer from side to side.

With only a single strap to hold on to, I was told to pin my legs on the opposite wall of the sphere to make sure I did not flip into the face of my fellow joy rider.

When we were lowered back to ground level I emerged from the sphere smiling from ear to ear, with my heart working overtime.

The next day I had a sore neck and back but such things are probably viewed by real adrenalin junkies as a mere hazard of the job.

At £59.95 to ride with a friend, this thrill is far from cheap but Mr Price insists that it provides "the best value for money out there".

There are also plans to re-test a smaller, six-foot Air-Sphere for stunt men to enjoy a rougher, tougher sport.

For now, Milton Keynes has a new world first to add to its list of alternative sports.

Air-Sphere will be open to the public from January 8, 2009 but you can book your ride now by calling 08448 003045 or online at www.air-sphere.com

25 years for biker killer

A CITY man has been sentenced to 25 years' imprisonment for the murder of a Hells Angel.

Malcolm Bull, 53, from Milton Keynes, was found guilty for his part in the murder and for possessing a shotgun at Birmingham Crown Court last week.

Gerry Tobin, a Hells Angel, was targeted by members of rival gang, the Outlaws, when he was shot while riding on his motorbike along the M40 last year.

Two bullets were fired at him from a Rover car which pulled up alongside him on the M40.

The trial heard Bull was the gang's 'spotter' on the day of the murder.

His address cannot be published for legal reasons.

Jailed: Malcolm Bull

Smoking on double decker

A DOUBLE decker bus caught fire in Chicheley on Monday night.

It happened on the A509 dual carriageway just before 7.30pm.

One side of the dual carriageway was closed by Thames Valley Police as firefighters tackled the blaze.

The fire is believed to have started in the engine compartment.

The driver and one passenger on board got off the bus safely.

WHERE'S HOOK HIDING THIS WEEK?
SEE PAGE 16 FOR YOUR CHANCE TO WIN PANTO TICKETS

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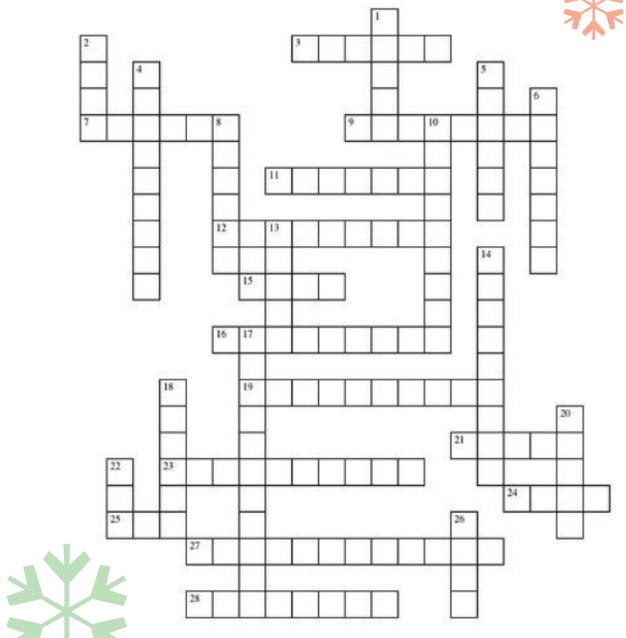

ACROSS

3 The football team that we are the official chiropractor for
7 Name of the bones in the wrist (also involved in ------ tunnel syndrome)
9 General term used to describe pins & needles or shooting pains down the leg usually caused by nerve compression
11 All our chiropractors are registered with the General Chiropractic ------ ?
12 Chiropractors can help alleviate the pain caused by wear and tear of the joints, but what is the common medical tern for this joint problem
15 Amount of years we studied at the Anlgo-European College of Chiropractic
16 What is the medical term used for the reading of x-rays
19 The medical name for the 2 pelvis joints (not the hips)
21 The tissue that sends messages to your body telling it what to do
23 The clicking or popping noise a joint sometimes makes when it is treated caused by little pockets of gas within the fluid in the joint
24 Appointments are available till what time in the evening at our clinic
25 How many days a week are we available for appointments
27 We are Doctors of ----------
28 The name of the fluid that lubricates most joints in the body

DOWN

1 Babies with this can be helped by chiropractic care, it is usually described as 'a condition in which an otherwise healthy baby cries or screams frequently and for extended periods without any discernible reason'
2 The bones of the spine have shock absorbers between them, what are they called?
4 The medical name for the bones of the spine
5 The Meade trial confirmed chiropractic treatment to be more effective than hospital outpatient care for patients with chronic or severe back pain by what percentage?
6 Medical name for the knee bones
8 The name of the bones in the lower spine (low back)
10 The street in Milton Keynes where we are located
13 Chiropractic is the ..... largest primary healthcare profession in the world
14 Joints not working properly in the neck, treated by chiropractors, can help cure --------s
17 All our chiropractors are members of the British Chiropractic ---------- ?
18 The medical name for the tail bone
20 The Stratford in Milton Keynes where our clinic is located
22 Can you just book an appointment to see us directly
26 12 pairs of these bones attach to the thoracic spine (mid back) and protect your lungs and heart

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1). Entrants must be over 18 years old **2)**. Please post completed crosswords to Milton Keynes Chiropractic Clinic, 63 Aylesbury Street, Fenny Stratford, Nr. Bletchley, Milton Keynes MK2 2BJ **3)**. All correct crosswords will be entered into the draw. **Closing date for entries is 10/12/08.**

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Couple who want kids hit by double whammy

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

A COUPLE desperate to become parents are battling with the NHS over the IVF post code lottery.

The only way Vicki and Paul Western, both 31, from Bradwell Common, can conceive is through this type of fertilisation.

However, in Milton Keynes only women aged between 36 and 39 can apply. They are entitled to one course of treatment, unlike some places which offer two.

Had the Westerns lived in Northamptonshire or Bedfordshire they could have had IVF immediately – and had it twice.

But when their GP refused to appeal against the age rules they were so desperate to start a family they scraped together more than £4,000 for one course of treatment in July.

When this was unsuccessful they tried the NHS again.

However, they were told last week they had been disqualified for IVF on the NHS because they have had private treatment.

Mrs Western, a childcare worker, said: "It's the one thing we desperately want and can't have. If the PCT can do it for others in other areas why can't they do it for us?

"I didn't see the point in waiting until I'm 36, when the chances of it working are much lower. I'm ready to be a mum now and that's why we tried private treatment.

"But not only are we living in the wrong place, we are being punished for going private. And it is not something we will be able to afford to do again."

'Not only are we living in the wrong place, we are being punished for going private': Vicki and Paul Western cannot conceive without IVF treatment

Provision of IVF varies widely in the UK between health authorities, named Primary Care Trusts (PCTs).

Milton Keynes PCT offers one free course of treatment for 36-39-year-old women. It funded 14 couples in 2006/7.

In contrast, Peterborough has a much smaller population, yet gave 27 couples IVF in that period, imposing no age restrictions.

City MP Mark Lancaster has vowed to take the Westerns' case to the national stage. He said: "I think it is outrageous when people try to do the right thing in funding their own treatment and are then penalised as a result. I will be raising this in Parliament".

A PCT spokesman said that the age restrictions have been changed to 35 to 38. This, as well as the disqualification of those who have had private treatment, are both to be reviewed.

MP welcomes emissions Act

A CITY MP is celebrating that the Climate Change Act has now become law.

At a visit to the National Energy Foundation in Knowlhill last week, Dr Phyllis Starkey, member for Milton Keynes south west, said that many constituents have contacted her with concerns about climate change.

The Act sets out targets for reducing emissions by 2020 and 2050, requiring the Government to set 'carbon budgets' for cutting emissions every five years.

Dr Starkey said: "This landmark Bill makes Britain the first country in the world to have enacted legislation with legally binding targets for reducing greenhouse gas emissions.

"The use of renewable energy is essential if we are to cut these emissions. Yet, currently, the UK generates just five per cent of its energy from renewable sources. That is why I supported amendments to the Bill to include a feed-in tariff system: now, regional and national electricity companies will be obligated to buy renewable energy at above market rates which will encourage the generation of electricity from more renewable sources, such as solar panels and wind turbines, and help us meet our emissions target".

Andrew Lockley, secretary of the Milton Keynes branch of Friends of the Earth, said: "These important changes to UK law will help to secure a safer future for all our families. The feed-in tariff will make sure that everyone who generates renewable electricity at home can sell the excess to the grid."

MP Phyllis Starkey

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SEE STORY ON PAGE 24

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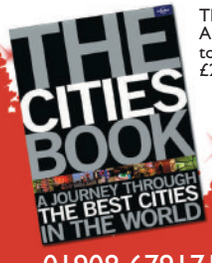

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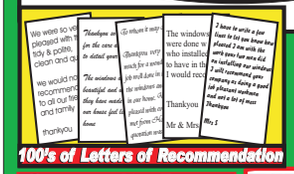

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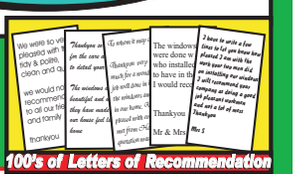

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Fire exit fines for clubs and eateries

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

TWO restaurants and a nightclub owner in the city centre have been fined thousands of pounds for obstructing fire exits.

The owners of McDonald's, Revolution nightclub and Frankie & Benny's, in the Xscape building, were fined a total of nearly £14,000 at Milton Keynes Magistrates' Court on Wednesday, November 26.

The breaches of fire safety regulations came to light during a late-night inspection by officers from Buckinghamshire & Milton Keynes Fire Authority in December 2006.

McDonald's Restaurants Ltd, Inventive Leisure Ltd (which runs Revolution Nightclub) and City Centre Restaurants Ltd (Frankie & Benny's) pleaded guilty to a number of offences under the Regulatory Reform (Fire Safety) Order 2005.

All three were found to have obstructed fire exit routes.

Inventive Leisure had blocked a fire exit and McDonald's and City Centre Restaurants also pleaded guilty to failing to co-operate in relation to fire safety matters.

The District Judge fined McDonald's £4,600 and ordered it to pay costs of £6,500.

Inventive Leisure was fined £5,000 with costs of £4,000 and received a caution for a further offence.

City Centre Restaurants was fined £4,350 and ordered to pay £6,500 costs.

Chris Bailey, area manager, who brought the prosecution for the local fire authority, said: "I am delighted with the outcome of this prosecution. Not only will it focus the minds of the organisations that were convicted today but it also sends out a message to the owners and managers of all leisure-related premises.

"Breaches of this sort compromise the safety of staff and customers. We will continue to undertake unannounced fire safety audits of pubs, clubs and restaurants throughout the county."

New mums get to watch breastfeeding films

NEW mums will be shown a DVD at their bedside to help teach them how to breastfeed.

Milton Keynes Hospital will launch the initiative after a local charity, Friends of Milton Keynes Hospital and Community, raised £300 to fund the purchase of a portable DVD player and DVDs.

The primary aim is to increase breastfeeding rates. Six different DVDs will be used to encourage and educate women, showing positioning and technique for breastfeeding.

MKNEWS BRIEFS

Pan cast's light fantastic

THE cast of Peter Pan will be dropping in to the Theatre District on Saturday to light up the 26ft Christmas tree and surrounding area.

Led by Henry Winkler, who plays the dastardly Captain Hook, they will be flying over straight after the Saturday evening performance at MK Theatre.

Milton Keynes City Orchestra will provide accompanying Christmas music.

The light switch on will take place in the central area of the Theatre District between Opus and Bella Italia.

The event will start around 9.30pm with the official 'light up' between 9.45 and 10pm. The event is open to all ages.

No Christmas rail travel

RAIL services to and from London will be shut for four days over Christmas.

The West Coast Main Line will be closed south of Coventry, from December 25 to 28 inclusive.

No Virgin Trains services will run to and from Euston via Milton Keynes to allow for resignalling work in the Milton Keynes area.

Rail and Tube bosses said the lines had to be shut for essential engineering works.

Both networks will be closed completely on Christmas Day.

Virgin Trains will be redirected on a journey from Euston via west London and the Chilterns to Birmingham, with journeys taking an hour more.

Elsewhere the entire Jubilee Line will be closed for the same four days and there will be a reduced service on London Underground on Boxing Day.

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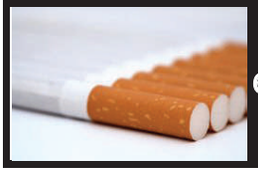

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AA691113

MKEDUCATION

Spoonfuls of sugar make the Xmas pud go down

NOT just a spoonful of sugar – try 27 bags of it! That's what's needed for the biggest Christmas pudding mix in Milton Keynes.

Catering students at Milton Keynes College are preparing to bake 1,800 Christmas puddings to cope with demand in their restaurant during December.

The ingredients to make 1,800 festive puddings include 45kg of currants, 150 oranges and 11 litres of stout.

"This is the largest amount we've ever had to make due to the high number of bookings for Christmas dinners," said Mark Lewis, manager of the college hotel and catering department.

"We're putting it down to the credit crunch with people refusing to spend money on going to expensive restaurants and instead opting for a delicious festive meal here cooked by students at a very reasonable price."

And who better to help mix it than Santa and his elves! The staff and students donned Christmas outfits to tour the college's three campuses and sell mince pies to students.

The Chef in Waiting restaurant is based at the college's Bletchley campus in Sherwood Drive and is taking Christmas lunch bookings starting at £12.50 for a three course meal – call MK 637373.

Mixing the first batch of puddings: Mark Lewis with Santa David Lugg, Mrs Santa Jo Brackley, elves students Jade McQuillan and Ellie Jago and tutor Alan Brotherston

Free uniforms for academy movers

MORE than 850 children will be given a free school uniform when they move to The Milton Keynes Academy next September.

The brand new uniforms will go to students transferring from Sir Frank Markham Community School to the new £27m academy at Leadenhall.

"We have been allocated £60 per pupil so have worked hard to make sure that it will stretch to providing as many items as possible," explained Caroline Raine from the academy, "we are able to provide a smart black blazer, sleeveless jumper, tie, PE top, shorts, socks, jogging bottoms and backpack."

A mammoth measuring session involving 100 children of different ages took place recently to find out what size uniforms would be needed in advance of placing an order with a manufacturer

Mrs Raine said: "Children vary in size in different parts of the country so we had to find out the typical height and measurements of young people in different age groups in MK. We discovered that they are absolutely average - not smaller, taller or larger than youngsters elsewhere."

Many children going to the academy were involved in the choice of uniform for their new school which is mainly black and traditional with splashes of gold and turquoise.

■ Do you have an interesting story about your school or college?
Contact the newsroom by e-mail at education@mk-news.co.uk or by phoning the newsroom on 01908 689595

Visit www.theplacetobe.info
or the MKNEWS jobs pages.
For the best local jobs, your council is...

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MILTON KEYNES COUNCIL

Santa has paid an early visit to children at the city's indoor snow slope. Children and volunteers from the National Society for the Prevention of Cruelty to Children had the chance to sledge with Santa at SNO!zone, in the city centre, on Monday. The visit was designed to launch the charity's Letter from Santa campaign

Work experience kids to travel free

STUDENTS will be able to travel free on the buses to and from their work experience.

MK Metro has invested £50,000 to support the scheme organised by Countec EBP.

Trialed earlier in the year, the project has now been extended to the young apprentice students attending Bletchley College for their 'work experience days' at the YADAC Company (Young Apprentice Design and Art Company).

Matthew Perris, YA programme manager at Stantonbury Campus said: "We are so thankful to Countec EBP and MK Metro for giving the students the opportunity to get to and from their work placements. Work-related learning is a vital part of the course and this agreement makes it much easier for the students to experience jobs in the creative industries".

Tom Bulman, general manager at Countec EBP added: "Employers have a responsibility to be more involved to get more of the skills looked for in young people.

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OAP serious after car hit

A PENSIONER was seriously injured after being hit by a car in Bletchley.

Police are appealing for witnesses after a 70-year-old pedestrian was in collision with a blue Peugeot 206 just before 8pm last Thursday.

The incident happened on Whaddon Way near the local centre.

The pensioner was taken to Milton Keynes Hospital with serious injuries.

A spokesman for Thames Valley Police said she remains in a serious, but stable condition.

The road was closed while a police investigation took place and was reopened at 9.15pm.

Anyone who witnessed the collision in urged to contact Sgt Scott Silk or PC Neil Stephenson at Milton Keynes Roads Policing department on 0845 8 505 505, or call Crimestoppers, anonymously, on 0800 555 111.

More titles join LSN Media

THE parent company of MK NEWS has acquired four free weekly newspapers.

LSN Media Ltd, part of Iliffe News and Media Ltd and owners of MK NEWS, has bought the Northants Herald & Post series of free weekly newspapers from Trinity Mirror plc.

The titles concerned are the Northampton Herald & Post, East Northants Herald & Post, Brackley and Towcester Herald & Post and Market Harborough Herald & Post.

Mike Richardson, LSN's managing director, said: "We specialise in publishing market-leading free newspapers. MK NEWS and Bedfordshire on Sunday have both won awards this year for their news values and community work and are recognised as the best in the country.

"We are very excited about working in Northampton, and the Herald & Post, like BoS was one of the pioneering newspapers of the free era.

"It fits perfectly with our group and we can now offer our customers the entire county of Northamptonshire in which to advertise."

David Fordham, chief executive of Iliffe News and Media, said: "Despite the current challenging market conditions, we firmly believe in the long term future of local media and by acquiring these titles we will significantly enhance our publishing business.

"We are delighted that, together with Trinity Mirror, we have reached an agreement which ensures these titles continue to serve their local communities."

> It fits perfectly with our group and we can now offer our customers the entire county of Northamptonshire in which to advertise
>
> **– LSN managing director Mike Richardson,**

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MKNEWSBRIEFS

Henry off the Hook

HENRY Winkler and other panto cast members were evacuated mid-rehearsals after a fire at the theatre.

The actor, best known as The Fonz, from the hit 70s television drama Happy Days, entertained the children from the cast outside.

Two fire crews from Great Holm were called to the incident at 5pm on Wednesday after a circuit breaker caught fire in Milton Keynes Theatre's confectionery store.

A spokesman for the theatre said there was a small electrical fire and no damage or injuries were caused.

Around 50 people were evacuated including theatre staff, the cast of the Northern Ballet Theatre and pantomime cast rehearsing for Peter Pan, including Henry Winkler, who plays Captain Hook, and local children featuring as pirates in the production.

The staff and performers returned to the building within around 20 minutes.

Firefighters ventilated the area and provided fire safety advice.

Eight-car motorway crash

EIGHT cars were involved in a crash on the motorway on Friday night.

The incident happened on the northbound M1 between the Newport Pagnell service station and junction 15 .

Two appliances and crews from Broughton and one from Newport Pagnell, as well as the Urban Search and Rescue crew based at Beaconsfield Fire Station, went to the scene.

Two men and one woman were released before they arrived, all of whom are reported to have been injured.

Two lanes were closed, causing massive tailbacks, and the road was reopened by 10.15pm.

Failed petrol station robbery

TWO men attempted to rob a petrol station on the H3 Monks Way.

Police are appealing for witnesses after the men jumped over the counter demanding money at the Texaco petrol station at around 8.25pm last Tuesday (November 25)

The cashier managed to activate the panic alarm and both offenders left. Nothing was stolen.

One offender is a white man and he was wearing a balaclava and a blue hooded top. The second is a black man who was wearing a dark hooded top with the hood up. Both were wearing gloves.

Anyone who witnessed the incident or saw two men in the area acting suspiciously and/or matching the above descriptions is asked to contact DC Adam Billingham at MK Police Station.

DC Billingham can be contacted via the 24-hour non-emergency number on 0845 8 505 505. If you do not want to talk to the police, call Crimestoppers, anonymously, on 0800 555 111.

Councils in joint waste effort

THE city council has been given millions of pounds to work with Northamptonshire to deal with waste.

Government funding of £138 million has been awarded to MK Council and Northamptonshire County Council to help them find greener, cleaner and more efficient ways to manage rubbish.

Milton Keynes Council agreed in April to work in conjunction with Northants to procure waste treatment facilities.

The councils are keen to develop better methods for treating and disposing of household waste that cannot be recycled and to stop it being moved to environmentally damaging and increasingly expensive landfill sites.

Cllr Chris Williams, cabinet member for environmental services at MK Council said: "We are both aiming to meet or exceed our targets for recycling and composting and are keen to ensure we are complying with legislation that is, quite rightly, moving us away from landfill. "

The procurement process is expected to take two years.

Winning safe sex poster, by George

A CREATIVE city student has won him first place in a competition to promote safe sex to teenagers across Milton Keynes.

George Allen, 19, a student at Milton Keynes University Centre, has been awarded for his 'Say Yes to Condoms' campaign poster at a presentation during Milton Keynes College's Sexual Health and Guidance week.

'Say Yes to Condoms' is a city-wide safe sex campaign supported by Milton Keynes Council, Brook and their partners in the Children's Trust.

The campaign targets young people aged 15-21 and aims to encourage young people to practice safe sex.

George's artwork, which features a thumbs up image with a condom on the tip of the thumb, will be displayed on buses travelling across Milton Keynes, and on a number of bus stops around the city.

In addition A4 posters will also be put up in a variety of locations visited by young people, including secondary schools, youth clubs, bars and clubs.

The 'Say Yes to Condoms' campaign will run for three months, with artwork officially being displayed on public transport from December 8 to coincide with the busy Christmas party season.

The competition was organised by the council's teenage pregnancy reduction team and Brook.

George's design was one of eight shortlisted and shown to a group of sexual health professionals and young people.

George said: "It's a great feeling to be able to see your work displayed across the city. Working on a live project like this has been really valuable learning experience, for me and my tutor group."

The presentation took place at Bletchley College yesterday.

George Allen gives a thumbs up to his winning poster design

Rely on Wayside to get you to the match

The centre for serious shopping

STORM opens on Sunset Walk
Visit Storm on Sunset Walk for contemporary watches and other stylish fashion accessories. For the individual seeking a distinctive and unique expression, Storm offers a range of styles from funky edginess to sleek sophistication.

Body Shop
These products are on so many Christmas wish lists! Spend £50 and you'll get a fabulous free gift, whilst stocks last. Visit the store on Midsummer Arcade opposite HMV.

KISS opens on Sunset Walk
Kiss can help you look fabulous whatever the occasion, with its large range of affordable ladies clothing and accessories.

RED 5 for gadgets
The ultimate gadget shop for unique gifts, from electronic cigarettes, binary watches and bullet icetrays to desktop volcanos and air hockey. RED 5 is located on Silbury Arcade near Customer Services.

FIAT 500
What do you get when you put iconic design with some serious technology? The FIAT 500, and you won't have seen anything like it from a car this size before.
The Fiat 500 will be on Silbury Arcade from Thursday 4 to Sunday 7 December, in front of Gap Kids.

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COMPETITION

Where's Captain Hook?

Tell us and win a family panto ticket

AHOY there! Bag yourself some booty this Christmas and win a family ticket to come and see the swashbuckling adventure Peter Pan at Milton Keynes Theatre.

The villainous Captain Hook has arrived in Milton Keynes can you help Peter find him? For your chance to win, just tell us where Hook's hiding.

Starring Legendary TV and film actor Henry Winkler as dastardly Captain Hook the bad guy you'll love to hate, Strictly Come Dancing favourite Louisa Lytton as Peter and hilarious comedian Andy Ford as Smee, this will be an adventure you will never never forget!

Peter Pan is showing at Milton Keynes Theatre from December 5 to January 18.

Hook your tickets now by calling 0870 060 6652 (booking fee) or visit www.miltonkeynestheatre.com

The tickets are for a maximum of two adults.

HOW TO ENTER

All you have to do to enter is tell us where Hook's hook is in the picture above. Send your answer on a postcard to MK NEWS, 1 Diamond Court, Fox Milne, MK15 ODU or by e-mail to competitions@mk-news.co.uk.

The first correct answer drawn out of the hat wins. The editor's decision is final and the closing date for entries is Tuesday, December 9.

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- a supportive and happy school producing young people who 'show a maturity far beyond their years' (Ofsted, 2006)

Come and meet us at our

Sixth Form Open Evening

6.45pm for 7pm on Wednesday10th December 2008

Headteacher Robert Cooper and Sixth Form students will speak in the Hall from 7pm to 7.30pm and there will be opportunities to talk to subject teachers and to meet current students.

The Sixth Form Brochure will be available on the evening, and can also be found on the School's website: www.royallatin.bucks.sch.uk from Monday 1st December 2008.

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No 10 city petition misses its target

586 people logged on to Downing Street – the hope was for 10,000

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

THE petition to make Milton Keynes a city came to a close on Friday.

Five hundred and eighty six people added their signatures to the Number 10 Downing Street website, though the initial target was 10,000.

But Cllr Sam Crooks, who set up the petition a year ago, said that this is a good tally.

The petition is ranked 171 out of the 5,000 submitted to the Government in terms of popularity.

Cllr Sam Crooks: Set up the 'make MK a city' petition a year ago

Cllr Crooks met with city representatives to discuss their next step towards securing city status.

Applications are only made following a national competition, usually to mark significant Royal anniversaries.

So Cllr Crooks is working towards 2012 – the anniversary of the Queen's accession to the throne.

He said: "I am pleased with the response to the petition. The thing I've really got from it is a learning experience.

"The petition is only for people of a certain age with access to computers, but there are other ways we need to get more people of all ages involved in making Milton Keynes a city.

"What we plan to do now is create a scrap book of people's lives in Milton Keynes in time for 2012 – the story of our city."

Last year MK NEWS kicked off the campaign for city status when it wrote an open letter to Her Majesty calling on her to make Milton Keynes, the largest town in the country, a city.

Get your bike marked and deter thieves

GET your bike protected for Christmas.

Last December saw a total of 34 bicycles stolen across Milton Keynes and to help prevent bicycle theft this year the local Police Community Support Officers (PCSOs) at Midsummer police station will be available to mark your bike.

This will help to deter potential thieves, but also if the bike is stolen and recovered then officers will be able to trace the owner and return their bicycle to them.

The bike marking kits are available for £3.

PCSO Nicholas Osgood, leading the initiative, said: "Make sure you protect your bicycle and any bicycles you buy for Christmas to help deter thieves and ensure if they are stolen and recovered, they can be returned."

Contact 0845 8 505 505 for more information.

If to you a strenuous time in the bedroom means a stack of flatpacks and an allen key, move on. This is for those with better things to do:

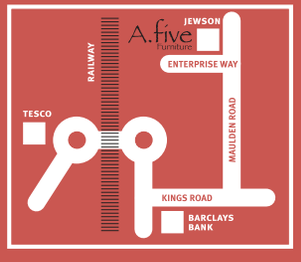
people only too willing to accept A. Five Furniture's assembly-service for our wardrobes with sliding mirror-doors. (Among our best-sellers, they fit almost any bedroom.)

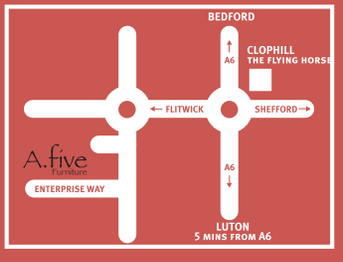
We do much, much more than wardrobes, however. A.Five Furniture is a surprisingly large showroom of every

kind of furniture. Right now we have sale-priced items and full displays of dining furniture, living-room furniture and, of course, bedroom furniture.

So no assembling, and no paying for it, either – at least not until October 2009.

Please come and see A.Five Furniture soon: if you've the strength to.





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MKANNOUNCEMENTS

Messages

PAUL MARTIN HUCKLE & DANIEL JOHN HUCKLE

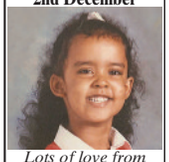
Would any person having knowledge of the whereabouts of Paul Martin Huckle born in Bedford on the 20th September 1987 and Daniel John Huckle born in Milton Keynes on the 13th December 1991 please contact: C C Bell & Son of 48/50 Harper Street, Bedford, MK40 2QT. Quoting reference PAMM

Birthdays

ALICE MARIE DAMON
Happy 18th Birthday
4th December 2008

With love from Mum, Rosie, John, Vicky, Amy, James & Hollie xxx

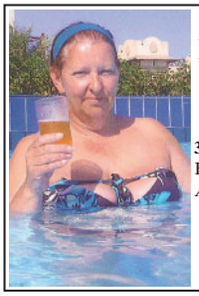
NATASHA JACK
Happy 18th Birthday
2nd December



Lots of love from Mum, Dad, Kathryn and all the family xxx

Happy 1st Birthday
To our beautiful daughter
GRACIE MAI LYDON
All our love & kisses
Mummy, Daddy, Don, Shane, Jack & all the family

Sweet 16
SOPHIE
2nd December 2008
Enjoy your day.
Lots of love Mum, Dad, Ali, Ash & Ozzy xxxx



ERYL LEYDON
Happy 50th Birthday
30th November 2008
Have a lovely day.
All our love Chris, Joe, Dominic, Angela, Mark, Stephen, Andra, Martin & John xxxx

PAUL GARRATT
is 40
Happy Birthday
29th November 2008

Lots of love from your girls Una, Emily Charlotte and Sophie xxxx

ABI PUDDEFOOT
Happy 18th Birthday!
29th November

Lots of love Mum, Laura and all your family xxx

NIKKI
Happy 21st on Wednesday

Lots of love Mum, Dad, Lee, Kelly, Grandma, Les Charlotte & David x

DREYFUSS MUSSINGTON
Happy 13th Birthday

Lots of love Mum, Dad and all of the family in Ipswich, Australia and USA

Happy "40th" Birthday Today
30th November 2008
JOHN BELCHER

All our love Roz, Molly & Toby xxx

NICK LEWIS
'40' Today

With hair!!
Love Mum, (Dad), Emma, Ben & Matthew, Shaz, Dave & Thomas

Happy 1st Birthday

to our baby boy
RIO CIMMINO
29th November
Love you lots Daddy, Mummy and your Big Brother Nico.

Look who's 21
GINA GIUDICE

Have a great Birthday.
Love from Mum, Dad and Sandra

Happy 40th Birthday JOHN

Anyone for Malibu ?! Shaken not stirred?! To a special friend and a great mate
Love from "The Saints" xx

SAM REED
'Reedy'
Happy 18th Birthday
6th December

Always a 'Sweet Boy'
Lots of Love Mum and Dad xxx

PHIL & TAM

HAPPY 21st BIRTHDAY TO YOU BOTH!
Love from all your friends and family xxxx

MKNEWS Anniversaries

Diamond Wedding Anniversary
4th December
BOB & PAM STOCK
Love Barbara, Dennis, Wendy, Mark, Gregory, Thomas, Peter, Robert, Charlotte, Olivia, Amelia, Debbie, Barry, Jennie, Julian, Meghan and Bump

Congratulations
MARK & SUE SALISBURY
on your
Silver Wedding Anniversary
3rd December 1983

Love and best wishes from Jenny, Gary, Rachel and Eifion

MKNEWS Deaths

WINTER Frank, formerly of Houghton Regis and Leighton Buzzard passed away peacefully on 23rd November 2008 aged 74 years. Funeral services takes place at All Saints church Tilsworth on Wednesday 3rd December at 3.00pm followed by private cremation. Family flowers only by request with donations for Parkinson Society sent c/o Neville Funeral Service. 01582 490005

MKNEWS Anniversaries

ANN & JOHN GRAY
Happy Ruby Anniversary
30th November 2008

Love Lorraine, Dave, Steph, Dan and Luke

In Memoriam

In loving memory of
BARRY HOLLAMBY
1st December 2007

If I could turn the pages of my life to another place and time, we would never say goodbye.
Wen x

JOY WALKER
29th November 2006
Treasured memories of a dear mother and grandmother.
Always in our hearts and thoughts.
Loved and missed by all the family

In loving memory of
FRANK WILLIAM HARDING
3rd December 2006
Forever in our thoughts Love Jane Sandra Johnny Ellie Susie Bobby Aaron and Lauren xxx

MKNEWS

PETER READ
Passed away 4th December 2007.
In memory of a much loved husband.
My heart still aches with sadness, My secret tears still flow, For what it meant to lose you Pete, No one will ever know.
Love and miss you so much.
Your loving wife Doreen xxx

In Memoriam

FRED TOMKINS
His family would like to extend their deep appreciation to all who attended his funeral service on 14th November 2008 at North Road Crematorium and to all who sent cards.

In Memoriam

EVA CAMPBELL
29th November 2005
Three years have passed since you departed.
You are forever in our hearts and thoughts.
We miss you smile and your caring words.
Loving wife to Vincent and devoted mother to Jackie, Esron and Raymond.
Greatly missed by all the family and friends.

ROMEO CUSANO
29th November 2007
Grandad/Nonno
Remembering you is easy, We do it every day, It's the memory of losing you, That never goes away.
We love you Grandad Angel, Chelsea & Jamie xxx

DAD

We love and miss you greatly.
Celia, Tracey, Elaine, Michael & Myles xxxx

LESLIE BABB
4th December 2003
Thinking of you is easy, We do it every day, It's the heart ache of losing you, That never goes away.
Love from Margaret, Susan, Alan, Angela and boys, David, Barbara, Ben and Jodie.

OWEN ANESE
3rd December 2002
In loving memory of a very dear son and brother, also in memory of his loving wife
KATHY
on 7th November 2007.
Forever in our hearts and thoughts.
Loved and missed always.
Mum and family xxx

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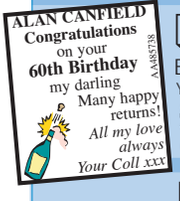

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	20 words

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Signature.....
Expiry Date.....Start Date.....
Issue No..... Security Code ..... (Last 3 digits on back of card)

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Melissa misses out in Idol final

Near miss: Melissa Lucas

BY ROB GIBSON
rob.gibson@mk-news.co.uk

A 14-YEAR-OLD singer has narrowly missed out on the top prize at a national talent contest.

Oakgrove student Melissa Lucas took to the stage against 22 other hopefuls at Portsmouth Guild Hall on Friday for the national final of Idol 2008.

Melissa had already beaten off thousands of other hopefuls to progress through the regional finals and again she impressed the judges.

But although she scored highly, she lost out to a 12-year-old girl from Southampton in the public text vote.

Melissa's mother, Nicky, is also her manager and remains confident that Melissa will have further success.

Nicky, from Crownhill, said: "It was a tough competition.

"Our girl did great on the night and her song is now live on her myspace.

"We still went and had a celebration as in our eyes this is just the beginning for Melissa."

Melissa did manage to claim one award on the night though, scooping the prize for best publicity after coverage of her story appeared in MK NEWS.

The teenager has been producing her new single in the recording studio at Oakgrove School, where she is studying GCSE music.

Her success follows last year's effort from B-Kay and Kazz, the Zimbabwean brothers from Kents Hill who won the South Coast Idol Competition.

■ You can listen to Melissa sing by logging onto www.myspace.com/melissamkuk

Caution for false rape claim

A TEENAGER has been cautioned by police after falsely claiming that she had been raped.

The 19-year-old woman, who police refused to name, was arrested and cautioned on Sunday (23/11) after admitting that she had made up the allegations.

The alleged rape was reported to the police on Monday, October 27, and has been subject to an ongoing investigation for the last four weeks.

Chief Inspector Ray Summers said: "We treat every single report of rape extremely seriously and commit significant resources to any investigation.

"Rape is a crime which destroys people lives and we do everything in our power to ensure real offenders are bought to justice.

"When someone makes false accusations like this they are diverting our resources away from real victims of crime who genuinely need our help.

"Anyone who wastes police time in this way will be held to account for their actions."

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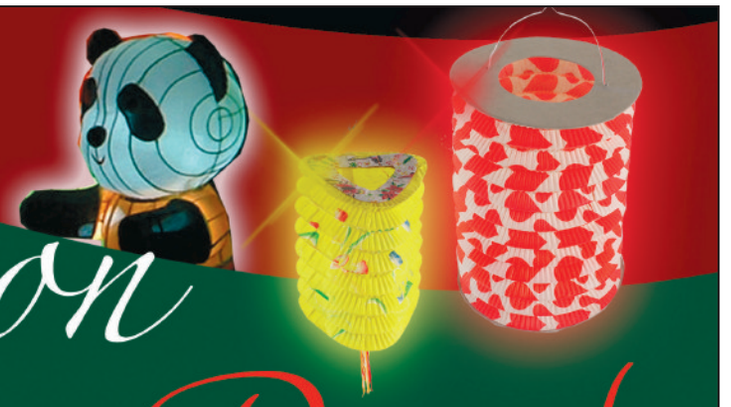

On December 13, Wolverton's streets will glow with thousands of lanterns in the largest parade in Milton Keynes!

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Photos Courtesy of Living Archives

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Couple organise candlelit service for stillborn babies

IT should be a time for festivity and joy, but this Christmas bereaved parents will be remembering those they have lost.

On Thursday, December 11 at 7.30, a special service for parents who have lost babies will take place at St Peter's and St Paul's Church in Newport Pagnell's High Street.

Candles will be lit to remember all the babies who have died.

Everyone is invited along for poems, prayers and refreshments

It is organised by Newport Pagnell couple Chris and Nichola Wildsmith, whose only child Elliot was born stillborn in 2007.

Mrs Wildsmith said: "Christmas is an especially difficult time of the year for bereaved parents and their families and so we thought a service dedicated to their lost babies may help ease the pain a little."

The couple have been working hard to raise the awareness about how many babies die every day in the UK, and have set up a group in the city for people affected by stillbirth.

After working with city MP Mark Lancaster they will go to the House of Commons next year to discuss with the shadow health minister the high number of healthy babies that die each year.

For more information call 07799 076710.

Church service: Chris and Nichola Wildsmith lost their baby, Elliot

Polish families' support group grows on the web

A GROUP of young Polish families has set up a support group.

MK Project aims to provide help to the city's 2,000-strong Polish workforce within the community.

The group has met in each others' homes over the last four months but has now grown to over 50 families and is looking to expand even further.

It now meets at the SureStart Centre in Conniborrow on Thursdays from 5pm until 7pm.

The group has also worked with mkforum.org.uk, a non-profit web site, and established a dedicated Polish web forum that allows all Poles in the area to exchange news, information and chat on a wide range of subjects.

It has been supported by the Milton Keynes Community Foundation and has started fundraising activities to support the group as it grows.

If you want to know more about the group you can contact Monika Bosiack by e-mail at monika@mkproject.org.uk or phone 0759 58 81546.

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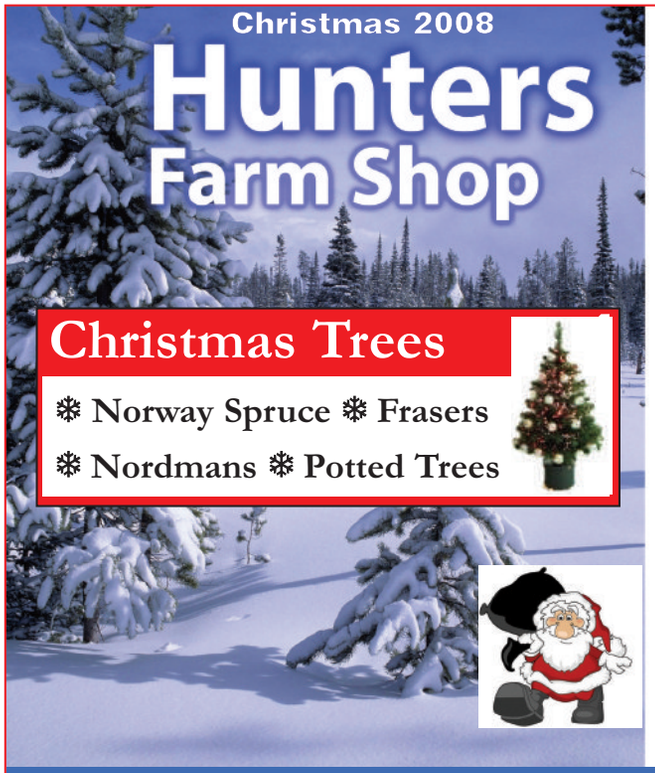

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Angelis singer's Christmas album raises theatre cash

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

Natalie Chua

A 15-YEAR-OLD singer hopes to get city people into the festive spirit with her Christmas album.

Natalie Chua, from Dorset Road, Bletchley has released a CD with a medley of traditional and her own seasonal songs.

The home-grown singer was chosen from 30,000 of the best choristers in the country to be a member of Simon Cowell's classical group Angelis in 2006.

The group released a self-titled album that sold more than 350,000 copies and reached platinum status.

Miss Chua is currently completing her GCSE year as deputy head girl of the world-renowned Sylvia Young theatre school in London.

Her new Christmas Album features a mixture of classical and pop music.

She sings traditional songs including Oh Holy Night, White Christmas and Silent Night as well as some of her own tracks.

"This is the first album I have made on my own so I was able to bring my own creativity to it," she said.

"We did the recording in the summer which was really weird as we had to give it a Christmas feel.

"I hope it will attract people of all ages as there are some really nice modern story-telling songs as well as more traditional ones."

All of the profits will go to performing arts charity Madcap, based in Wolverton, where Miss Chua attended ballet lessons.

The charity has also provided her use of a recording studio and rehearsal space.

"I thought it was a good cause as it helps local artists in a time when it is hard to get places in drama schools," she said.

Supported by local talent spotter MK Vibe, she hopes to get a contract next year and launch a career in the recording industry.

Her Christmas album is available for £4.99 from www.mkvibe.com.

It will also be on sale when she appears to perform tracks from the album at M&S on December 4, December 7 and December 21 from 12-4pm and at Sainsbury's in Bletchley on December 13 from 12-4pm.

For information on her further appearances before Christmas visit the website above.

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Schools to debate in the Commons

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

TWO city schools are to go head-to-head in a debate at the House of Commons.

Ousedale and Shenley Brook End will be debating the motion 'this House would spend before it saved' in the Palace of Westminster on December 9 following a series of heats last month.

Proposing for the Government will be Shenley Brook End and for the Opposition will be Ousedale

The two secondary schools fought off competition from Stantonbury, Radcliffe, Sir Frank Markham, St Paul's, Denbigh and Walton in the event organised by Conservative city MP Mark Lancaster and Parliamentary candidate Iain Stewart.

Various debates have taken place across the city, with students aged between 14 and 18 arguing over whether Britain is a broken society, whether the glass ceiling has been shattered and if a woman's place is in the boardroom.

The debates have been held in the style of the House of Commons, with students having to refer to each other as the honourable member and Iain Stewart acting as the Speaker.

But instead of being judged by the electorate, the two debaters from each school have been rated by a panel of judges.

Organiser Maggie Shinkwin said: "I have been completely overwhelmed by the enthusiasm of the response from schools. The students have been magnificent, researching and rehearsing their positions, speaking with such confidence and fluency that the judges were hard put to form a judgement in every contest."

Oral sex mouth cancer warning to students

STUDENTS have been given tips on how to protect themselves from mouth cancer.

The oral health promotion team at Milton Keynes Primary Care Trust visited Milton Keynes College during Mouth Cancer Awareness Week in November.

Student lifestyles could put young people at risk, with smoking and drinking contributing to 80 per cent of mouth cancer cases.

Poor diet is linked with one in three of all cancer incidences and there is also a link between mouth cancer and a virus transferred by oral sex.

In the UK, mouth cancer kills one person every five hours. Nearly 1,700 die each year from the disease.

Susan Mallett, senior oral health promoter said: "Regular trips to the dentist and recognising the symptoms are vital in helping monitor against mouth cancer.

"Early warning signs can include mouth ulcers that do not heal within three weeks, red or white patches in the mouth or unusual swellings or lumps within the mouth or neck, croaky voice or difficulties in swallowing.

"I urge anyone who experiences these symptoms or has any concerns relating to the mouth or throat to visit their GP or dentist at the earliest opportunity,as with all cancers, early detection can increase your chances of survival."

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Dualling fast-track for J13 city link road

THE A421 is set to be made into a dual carriageway two years earlier than expected.

Milton Keynes Council was pleased that the project will be fast-tracked, moving it from 2013 to 2011.

The news came when the council learned that the South East of England Assembly (SEERA) supports the accelerated scheme.

Cllr Douglas McCall, cabinet member for sustainable development, said: "I can give complete assurance that Milton Keynes Council will produce the relevant business case to the level required by the Department for Transport to secure final approval for the scheme.

"The council knows only too well how important the dualling of this road is to the residents of Milton Keynes.

"The support of SEERA to bring this road scheme forward is critical in securing the full level of funding to start work on the project. I was delighted to receive this report from SEERA."

Cllr David Hopkins, whose Danesborough ward includes part of the road, has campaigned for these improvements for many years.

He says it is vital after more than 20 lives have been lost since the route opened, that it is notoriously congested and gives negative impressions to potential investors in the city.

He said: "I would like to thank colleagues and officers at both MK Council and Milton Keynes Partnership and at the local parish and town councils who have supported my campaign for this essential work to be brought forward to the earliest possible date.

"I will ensure that residents living in my ward and in the surrounding area have to endure the minimum possible disruption to their lives while this work is under way."

Milton Keynes Council will work with Bedfordshire County Council on the cross-border scheme.

Stride out as Santa

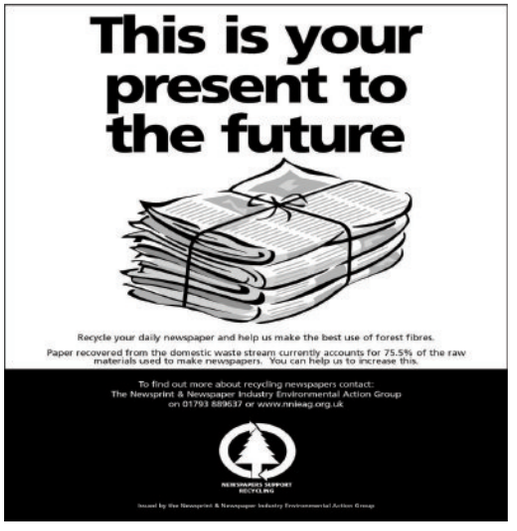
DRESS up as Santa and get running for charity this weekend.

The annual Hearts First Santa Jog takes place around Willen Lake on Sunday.

Participants can walk, jog or run the 4km course around the lake while dressed in the free Santa suits the British Heart Foundation will provide you with.

Registration on the day opens at 10am with a mass warm up at 10.45am before the jogging starts at 11am.

It costs adults £15 to enter on the day and £5 per child. The prices include free Santa suits to run in.



MK NEWS wins Britain's 'Free Newspaper of the Year' award.

Jonathan Cropley, Samantha Thompson and David Gale from the MK NEWS receive the award from Newspaper Society president Michael Pelosi.

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:: Second place winner of the Newspaper Society's 'UK Sports Photographer of the Year Award'

:: Third place winner of the Newspaper Society's 'Best Niche Publication in the UK Award' for the MK News Christmas magazine.

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Codecracker prints to help save Park

A UNIQUE collection of artwork signed by Bletchley Park's codebreakers has been issued to raise vital funds.

The limited edition fine art prints commemorate the technological achievements of the codebreakers that helped shorten the Second World War by two years and laid the foundations for modern day computing.

Some of the pictures are Crown Copyright and have previously been unavailable to the public but Government Communications Headquarters has given special permission to the Bletchley Park Trust to use them for raising funds.

The historic pictures of Bletchley Park's wartime codebreaking work are unique because cameras were not allowed on site during the war.

They are being reproduced in partnership with CreateOnline, the Bletchley Park-based fine art prints company, and are signed by five of the surviving codebreakers: John Herivel, Keith Batey, Mavis Batey, Oliver Lawn and Sheila Lawn.

Simon Greenish, chief executive of the Bletchley Park Trust said: "These prints offer an opportunity to buy a unique piece of history and will help to ensure that the legacy of the wartime codebreakers at the home of computing is not forgotten.

"As well as being an exclusive and attractive historic portrait of the work conducted here in the Second World War, I hope they will prove to be a valuable investment for their owners."

The Bombe machines one of the limited edition prints at Bletchley Park

The prints cost between £45 and £395 and orders may be placed with The Bletchley Park Trust by calling 01908 640404.

Visit www.bletchleypark.org.uk for more information.

Pictures previously unavailable to the public have been signed by surviving codebreakers

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SportsCoach Milton Keynes is operated and supervised by Chris Watson, contact Chris on 01234 218962 or via e-mail on miltonkeynes@sportscoach.co.uk for more information or to book in your child free taster session.

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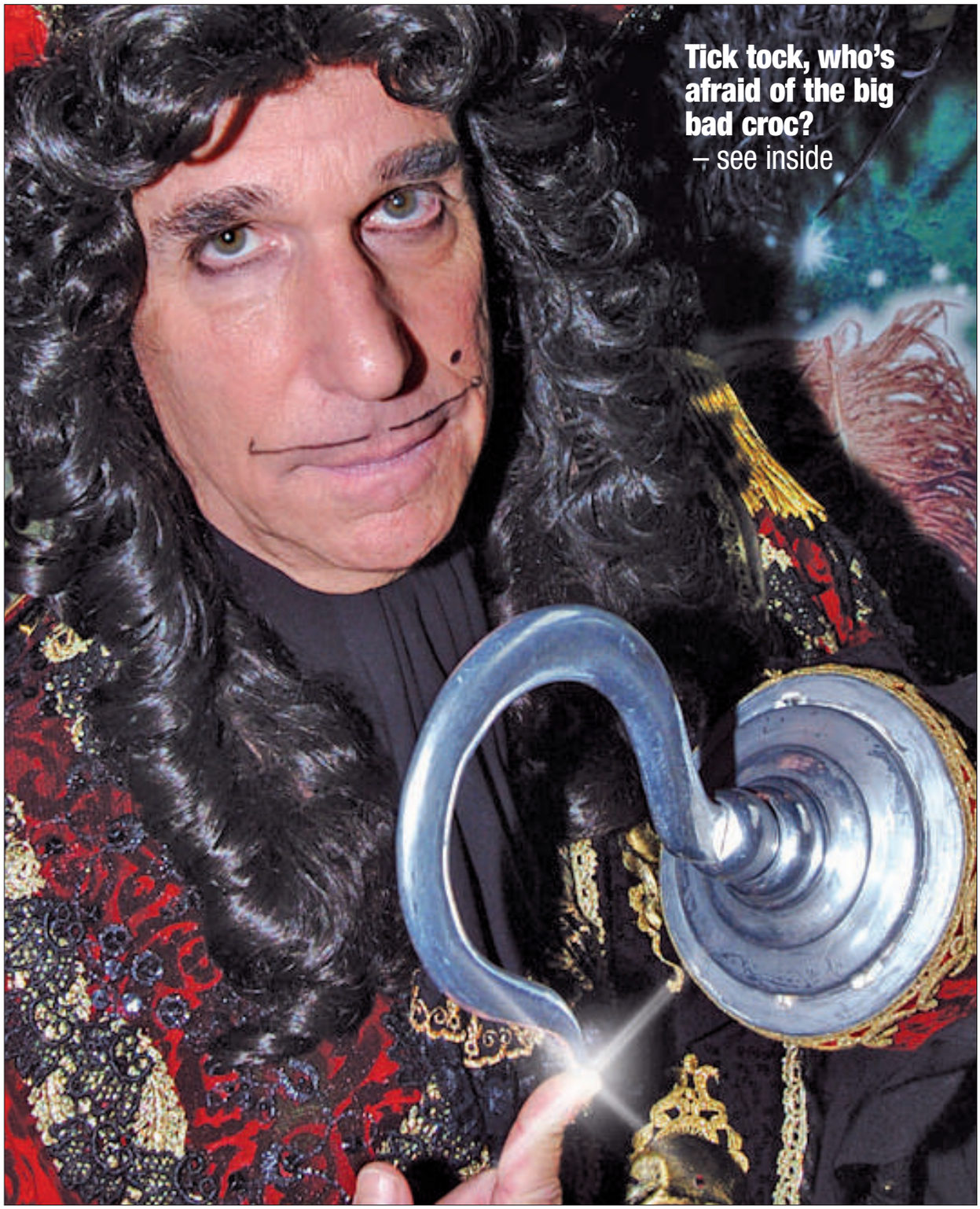

Tick tock, who's afraid of the big bad croc?
– see inside

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Have fun in the snow with family and friends inside a giant life-size snow globe and you can take home a photograph as a memento! Door 1 near M&S Food Hall.

FROSTS CHRISTMAS TREE MARKET
Head to City Square at M&S every weekend from now until Christmas and select a real Christmas tree to bring a fresh, festive feel to your home.

FESTIVE FOOD IN QUEENS COURT
Step into Queens Court for delicious festive fare from traditional roasts with all the trimmings, to crepes, roast chestnuts, hot cider and mulled wine, from 3 - 24 December.

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WEDNESDAY
December 3

BBC1

6.00 Breakfast (T) **9.15** Hospital Heroes (T) **10.00** Homes under the Hammer (T) (Followed by BBC News; Weather) **10.30** The State Opening of Parliament (T) **12.15** Bargain Hunt (T) **1.00** BBC News at One (T) **1.30** Regional News and Weather (T) **1.45** Doctors (T) **2.15** Diagnosis Murder (R/T) **3.00** BBC News (T) **3.05** CBBC **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News at Six (T) **6.30** Regional News and Weather (T) **6.55** Queen's Speech Broadcast (T)

7.00 **The One Show** Adrian Chiles, Christine Bleakley and guests celebrate all that is good about the country in which we live. (T)

7.30 **Dom's on the Case: Dentists** Five-part series in which Dom Littlewood uncovers and investigates serious problems within the National Health Service. (R/T)

7.57 **BBC News and Regional News**

8.00 **Little Dorrit** Costume drama based on the Charles Dickens novel. (T)

8.30 **Wild About Your Garden** (T)

9.00 **Rogue Traders** Rogue Traders returns with a special episode, in which Matt Allwright and Dan Penteado track down the gas fitters, electricians and locksmiths accused of ripping off their customers. (T)

10.00 **BBC News at Ten** (T)

10.25 **Regional News and Weather**

10.33 **BBC Weather** (T)

10.35 **The National Lottery Draws**

10.45 **Medium** Drama series about a suburban housewife who can see the dead and read the minds of others. (T)

11.25 **FILM: Maiden Voyage** (2004) Action drama set on board a luxury cruise liner. Stars Caspar Van Dien. (T)

12.50 Weatherview (T) **12.55** Sign Zone: Stephen Fry in America (R/T) **1.55** The American Future: A History, by Simon Schama (R/T) **2.55** The People's Hospital (R/T) **3.25** Indian Food Made Easy (R/T) **3.55** Credit Crash Britain (R/T) **4.25** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **11.00** Wildlife on Two (R/T) **11.30 FILM: Doctor in the House** (1954) Comedy starring Dirk Bogarde, Kenneth More and James Robertson Justice. (T) **1.00** See Hear (T) **1.30** Working Lunch (T) **2.00** Gardeners' World Top Tips (T) **2.30** Nature's Top 40 (T) **3.00** Murder, She Wrote (R/T) **3.45** Flog It! (R/T) **4.30** Step Up to the Plate (T) **5.15** Bargain Hunt Famous Finds (T) **5.55** Queen's Speech Broadcast (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing - It Takes Two (T)

7.00 **Top Gear** Motoring news and views from the usual team. (R/T)

8.00 **Oceans: Indian Ocean** In the first of two episodes in the rich tropical waters of the Indian Ocean, the team explores its remote and pristine underwater worlds. (T)

9.00 **Heroes** After reuniting Sylar and Elle, Arthur orders them to find Claire and bring her to him. Matt, Hiro and Ando team up together and follow Daphne to her hometown of Athens, Georgia to discover what she has been hiding. Nathan and Peter Petrelli travel together to Haiti in search of the only man who can stop their father from destroying the world. (T)

9.45 **Heroes Unmasked** (T)

10.00 **Outnumbered** The Brockmans attempt to revive 1950s values by banning TV and computers for one whole Sunday. (R/T)

10.30 **Newsnight** (T) (Followed by Weather)

11.20 **After Rome: Holy War and Conquest** In the first episode of this two-part series, Boris Johnson travels to France, Spain, Egypt, Israel, Syria and Turkey to investigate the early beginnings of what some people now call 'the clash of civilisations' between Christianity and Islam. (R/T)

12.20 Long Way Down (R/T) **1.20** BBC News **4.00-6.00** BBC Learning Zone

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News and Weather (T) **11.20** Meridian News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** House Guest (T) **2.30** Dickinson's Real Deal (R/T) **3.15** Spin Star (T) **4.00** Rosemary Shrager's School For Cooks (T) **5.00** Golden Balls (T) **6.00** Meridian Tonight (T) **6.30** ITV Evening News and Weather (T) **6.55** Queen's Speech Broadcast by the Labour Party (T)

7.00 **Emmerdale** Jasmine and Debbie attempt to flee the scene of the crime without being witnessed. (T)

7.30 **Coronation Street** Carla's wedding results in a horrifying revelation for Maria. Will Michelle discover Steve with Becky? Peter's neglect of Simon incurs Ken's wrath. (T)

8.30 **I'm a Celebrity... Get Me Out of Here!** The end is in sight for this year's bunch of jungle celebrities, but first one more must swap life in the jungle for life in a luxury hotel. (T)

10.00 **News at Ten and Weather** Mark Austin and Julie Etchingham present a round-up of the day's news. (T)

10.40 **Numb3rs** Detective drama about a maths genius recruited by the FBI to solve complex criminal cases. (T)

11.40 **Carling Cup Highlights** Jim Rosenthal introduces the best of the action from this week's Carling Cup quarter-finals. Commentary comes from Jon Champion, with studio analysis from Robbie Earle and reports from Ned Boulting, Tom Skippings and Dave Beckett. (T)

12.30 Nightwatch With Steve Scott: Emergency (R/T) **1.25** Quincy, ME (R/T) (Followed By ITV News Headlines) **2.20** Loose Women (R) **3.05** The Jeremy Kyle Show (R/T) **4.00** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.00 Cubeez (R/T) **6.10** The Hoobs (R/T) **6.35** Planet Cook (T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.55** Just Shoot Me (R/T) **8.25** The Class (R/T) **8.55** Frasier (R/T) **9.35** Leonardo's Dream Machines (R/T) **10.35** My Big Gay Prom (R/T) **11.30** Battlefront (T) **12.00** News at Noon (T) **12.35** Supernanny USA (R/T) **1.30** **FILM: Please Sir!** (1971) Comedy starring John Alderton. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)

7.55 **The Political Slot: Liberal Democrats** (T)

8.00 **The Home Show** George Clarke breathes life into a four storey west London town house that has lost its soul. Ian and Jen moved in three years ago and both work from home - and haven't done any work to the interior. (T)

9.00 **The Devil's Whore** Mourning her murdered husband, Angelica finds herself standing on the gallows facing her execution on the same day as the Kings, only to be taunted by Joliffe for being alone in her dying hour. (T)

10.10 **Desperate Housewives** Lynette and Tom uncover the unsettling truth about Porter. Gabrielle has her suspicions about Carols's best client, Virginia. (T)

11.10 **Girls Aloud: Video Exclusive** (T)

11.15 **Hollyoaks Later** Niall is playing happy families with Steph who manages to make a run for it - but he follows in menacing pursuit. (T)

12.20-12.50 4Music **12.50** T-Mobile Transmission: Collaborations **1.10-1.55** 4Music **1.55 FILM: Twisted** (2004) Thriller starring Ashley Judd. **3.40** 3 Minute Wonder (R/T) **3.45** Scrapheap Challenge (R/T) **4.45** 3 Minute Wonder (R/T) **4.55** Countdown (R/T) **5.40** Making It (R) **5.45** The Hoobs (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (T) **11.30** Zoo Days (R/T) **12.00** Britain's Vanishing Views (T) **12.30** Five News (T) **12.45** Going for Gold (T) **1.45** Neighbours (T) **2.15** Home and Away (T) **2.50** Going for Gold Extra (T) **3.15 FILM: Night Scream** (1997) Thriller starring Candace Cameron Bure, Teri Garr and Ned Vaughn. (T) **5.00** Five News with Matt Barbet (T) **5.30** Neighbours (R/T) **6.00** Home and Away (R/T) **6.30** Zoo Days (T)

7.00 **Five News at 7** National and international news. (T)

7.30 **Highland Emergency** Documentary series following the work of the emergency services in the Highlands of Scotland. (T) (Followed by five news update)

8.00 **Combat Chefs** Documentary series that profiles the men and women responsible for feeding the 120,000 British troops stationed overseas. (T) (Followed by five news at 9)

9.00 **Dangerous Adventures for Boys** Series in which famous dads and their sons embark on exhilarating adventures. (T)

10.00 **Ant and Dec: Where Did it All Go Right?** Documentary exploring the success of Geordie-boys Anthony McPartlin and Declan Donnelly. The programme charts their rise from child stars to pop stars, from BBC to ITV, from 'Byker Grove' to 'Saturday Night Takeaway' and from little-known actors to Britain's best-loved TV personalities. (T)

11.05 **Police Interceptors** The interceptors chase a runaway van; the unit helps a man involved in a serious farming accident; and the air support crew hunts down a car thief. (R/T)

12.05 PartyPoker.com Bad Beats and Killer Moves **1.05** NHL **3.45** FIM Motocross **4.20** FIM Motocross **5.10** Neighbours (R/T) **5.35** Home and Away (R/T)

SATELLITE

SKY1

6.00am Good Morning Sports Fans **6.30** Good Morning Sports Fans **7.00** Brainiac: Science Abuse **8.00** Inside King Cobra **9.00** Cold Case **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Project Runway **2.00** Law and Order **3.00** Cold Case **4.00** Stargate Atlantis **5.00** The Lion Man **5.30** The Lion Man **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00** Diary of a Mail Order Bride **10.00** Surviving: Dennis Nilsen **11.00** Britney: For the Record **12.30am** Road Wars **1.30** Road Wars **2.25** Stargate SG-1 **3.20** Stargate SG-1 **4.15** Fashion Avenue **4.40** Fashion Avenue **5.05** Bite Size Brainiac **5.10** Guilty!

ITV2

6.00am Emmerdale **7.05** The Montel Williams Show **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Emmerdale **10.30** Judge Judy **11.00** Judge Judy **11.30** Airline **12.00pm** Emmerdale **1.00** Airline USA **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.15** The Montel Williams Show **6.00** Judge Judy **6.30** Judge Judy **7.00** Smallville **8.00 FILM:** Babe: Pig in the City **9.45** Sugababes: The Hot Desk **10.00** I'm a Celebrity Get Me Out of Here Now **11.00 FILM:** Dante's Peak **1.10am** Coronation Street **2.00** Teleshopping **2.30** Teleshopping **3.00** Teleshopping **3.30** Teleshopping **4.00** Teleshopping **4.30** Teleshopping **5.00** ITV2 Nightscreen

BBC3

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** The Real Hustle: High Stakes **8.30** The Real Hustle: High Stakes **9.00** The Last Millionaire **10.00** Heroes **10.45** Family Guy **11.10** Family Guy **11.30** Last Man Standing **12.30am** The Last Millionaire **1.30** Clone **2.00** The Real Hustle: High Stakes **2.30** The Real Hustle: High Stakes **3.00** Dog Borstal **3.55** Last Man Standing

BBC4

7.00pm World News Today **7.30** Nation on Film **8.00** Francesco's Venice **9.00** Travels with Vasari **10.00 FILM:** 36 Quai des Orfèvres **11.45** Travels with Vasari **12.45am** Francesco's Venice **1.45** Vivaldi's Women **2.45** Travels with Vasari

MUSIC REVIEWS

NEW FRANCHISE
Grammatics

DO you remember I said a couple of weeks ago that it'd be nice to hear more from the Grammatics?

Well, I did, and you can hear it too.

By that, obviously I don't mean that if you hold this newspaper up to your ear you'll be able to hear them, although if you could that'd represent an amazing breakthrough in printing technology.

There are downsides to that though, most of the national papers are already unreadable as it is, and the idea of walking into Sainsbury's and standing in a queue with your newspaper physically screaming BOOZE CULTURE BRITAIN while the bloke in front of you's buying a crate of Heineken – it can only end in tears.

Anyway, this song, then.

How can you hear it? Easy, go to their official website and download it for nothing. Is this band generous or what?

Well, I think so, and here's what you can expect. It all starts very quietly, with a piano tinkling away and the lead singer proclaiming 'I'm opening a new franchise', which, given the current recession, is a brave move indeed.

Of course things aren't as they seem, which is turning out to be a running trend with Grammatics songs, and by the end he's saying: 'If I get the chance to walk again I'll get out while the going's good'.

In between you get the drummer bashing out a rhythm that you could actually conceivably dance to and not look stupid and the main melody being played out as a duel between an electric guitar and a cello – with the cello winning, which, as results go, is about as likely as Dick Dastardly winning a Wacky Race.

The whole thing comes to a sudden stop after three and a quarter minutes and I have to say, I like this one too and just for once I can say that without fear of putting the kiss of death on it. How's that? Well, because the band are giving it away it doesn't qualify for the singles chart, so in a sense they've done my job for me. Thanks very much, Grammatics.

WE R ONE
Same Difference

EITHER it's 'We R 1' or 'We Are One'. We R One is neither one thing or another as titles go. Anyway, the song itself is definitely something and that something is not good.

This one also starts with a piano but, unlike the Grammatics, the people responsible for this forgot to lift the quality bar from the floor.

The tune itself is thoroughly mundane, which is not really what you want for a first single. It's your standard "edgy-pop-song-created-by-a-committee" sound and although it ticks all the boxes, that's precisely the problem – it ticks ALL the boxes, which means it doesn't stand out.

Even Chico had a gimmick, although having a shorter music career than Crazy Frog couldn't have been the intention.

Then there's the words. According to the lyrics they're 'looking back at what we've done, chasing devils on the run'. Makes you wonder why they moved into the music business really, because if you ask me tracking down supernatural entities sounds far more exciting.

From there you'd be forgiven for expecting things to improve, but no.

'This is fun, this is life, this is good, this is great', roars the chorus. Usually a chorus like that means the song's been introduced by Terry Wogan and next year's show's coming from the Eastern Bloc again, but no, this song is telling you it's full of the joys of spring.

I'm pretty sure the intention was to come up with a song that inspired kids to make something of their lives, but somewhere along the way, it lost its way.

SIMON DARNELL

FILM REVIEWS

Odeon 0871 2244 007 Cineworld 0871 200 2000

Angelina Jolie as Christine Collins and Gattlin Griffith as Walter Collins in The Changeling

CHANGELING
Angelina Jolie, John Malkovich, Jason Butler Harner, Jeffrey Donovan
From Friday
SET in Los Angeles in 1928, Clint Eastwood's latest directorial effort finds a desperate mother (Angelina Jolie) searching for her missing son only for him to be mysteriously returned to her a few months later. However, she soon discovers that he's not her little boy at all.

WHAT JUST HAPPENED? (15)
Robert De Niro, Sean Penn, Catherine Keener, John Turturro, Robin Wright Penn, Stanley Tucci, Bruce Willis
From Friday
SHACKLED with a star vehicle that culminates in the gangland execution of a cute dog, Hollywood producer Ben (De Niro) tries to save his career while battling ex-wives, whacked-out directors, arrogant stars and the industry itself.

FLAWLESS (12A)
Michael Caine, Demi Moore
From Friday
A RETIRING janitor (Caine) convinces a bored executive (Moore) to help steal a handful of diamonds from their employer, the London Diamond Corporation.

IGOR (PG)
Molly Shannon, Eddie Izzard, Jay Leno, John Cusack
Now showing
ANIMATED fable about a cliche hunchbacked evil scientist's assistant who aspires to become a scientist himself, much to the displeasure of the rest of the evil science community.

AUSTRALIA
Nicole Kidman, Hugh Jackman, Lady Sarah Ashley, David Wenham, Joel Edgerton, Bryan Brown
Now showing
AS the Second World War approaches, an English aristocrat (Kidman) inherits an enormous ranch in Northern Australia. When cattle barons plot to take the pland from her, she is forced to join a rugged cattle driver (Jackman) and flee with her herd across the inhospitable terrain. Meanwhile, Japanese forces are mobilising for an attack on Darwin.

BOLT
John Travolta, Miley Cyrus
Now showing
BOLT (voiced by Travolta) is the canine star of a TV show in which he plays a pooch with super powers. When he's accidentally shipped to New York, he has to make his way back home to Hollywood - problem is he thinks his TV powers are real and his only aids in his journey are unwanted housecat Mittens and TV-obsessed hamster Rhino.

FLAWLESS (12A)
Michael Caine, Demi Moore
Now showing
A RETIRING janitor (Caine) convinces a bored executive (Moore) to help steal a handful of diamonds from their employer, the London Diamond Company.

BODY OF LIES
Leonardo Di Caprio, Russell Crowe,
Now showing
AFTER narrowly missing being blown-up in Iraq, Agent Ferris (Di Caprio) is sent to Jordan to tease out a terrorist ringleader. A mission made doubly stressful by his overbearing boss, Ed Hoffman (Crowe).

CHOKE (18)
Sam Rockwell, Kelly Macdonald, Anjelica Huston, Joel Grey
Now showing
A SEX addict (Rockwell) pays for his ailing mother's (Anjelica Huston) medical bills by faking choking attacks in restaurants and taking money from the people who 'save' him and want to look after the life they preserved.

BLINDNESS
Mark Ruffalo, Julianne Moore, Gael Garcia Bernal, Danny Glover, Alice Braga
Now showing
THE first victims of an epidemic of blindness are penned up in a ramshackle facility. As a cynic (Bernal) with a gun takes control of the food supply, outside the facility society breaks down completely.

ZACK & MIRI MAKE A PORNO
Betty Aberlin, Jeff Anderson, Elizabeth Banks
Now showing
TWO platonic friends of opposite sexes (Rogen and Banks) decide to make a porn movie in order to solve their financial woes.

COMPETITION

MK NEWS has teamed up with Cineworld at the Xscape to offer readers the chance to win a pair of tickets to see the film of their choice. We have two pairs to give away. Tell us who directed Changeling? Answers by e-mail to: competitions@mk-news.co.uk Please include your name, address and daytime telephone number. Closing date Tuesday, December 9.

FILM REVIEW: THE CHANGELING

CLINT Eastwood's new film, The Changeling isn't the cheeriest of flicks.

It is set in 1928 Los Angeles and tells the tale of a woman (played by Angelina Jolie) who's son disappears in mysterious circumstances.

Some time later he is apparently found and returned to her, but Jolie believes that the boy is not her son.

She confronts the city authorities, but is not believed and becomes branded an unfit mother.

The events were based on a true story related to the Wineville Chicken Coop Murders, a kidnapping and murder case that was uncovered in 1928.

Things take a darker turn when one cop who believes the mother's story begins to delve into the fact that there is a serial killer on the loose and that the two issues may be related.

There are some serious plot twists which I won't give away, suffice to say the movie takes a serious turn about half way through.

Clint likes his plot turns – see Million Dollar Baby.

That said in my view he has transformed from big time movie star into possibly the best director around today.

The film is hard work and not a fun watch but, like all the films Eastwood directs, it's an intelligent and thoughtful piece of work.

Jolie is decent enough, although I would have rather seen the role given to a more serious actress.

It has its flaws but its still a lot better than most of the stuff out there if you're looking for an intelligent, well-crafted movie.

PAUL STEPHENSON

THURSDAY
December 4

BBC1

6.00 Breakfast (T) **9.15** Hospital Heroes (T) **10.00** Homes under the Hammer (T) (Followed by BBC News; Weather) **11.00** Buy It, Sell It, Bank It? (T) **11.45** Cash in the Attic (T) (Followed by BBC News; Weather) **12.15** Bargain Hunt (T) **1.00** BBC News at One (T) **1.30** Regional News and Weather (T) **1.45** Doctors (T) **2.15** Diagnosis Murder (R/T) **3.00** BBC News (T) **3.05** CBBC **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News at Six (T) **6.30** Regional News and Weather (T) **6.55** Queen's Speech Response (T)

7.00 **The One Show** Adrian Chiles, Christine Bleakley and guests celebrate all that is good about the country in which we live, with reports on stories from around the UK. (T)

7.30 **EastEnders** Events take a darkly unexpected twist when Jack visits Jim in his nursing home. (T)

7.57 **BBC News and Regional News**

8.00 **Little Dorrit** Costume drama based on the Charles Dickens novel. (T)

8.30 **The People's Hospital** Documentary series about life on the wards at Whipps Cross Hospital in London's East End, narrated by Martin Kemp. (T)

9.00 **Apparitions** Jacob is called to an abortion clinic, where he discovers a pregnant woman who is possessed by unborn demons. (T)

10.00 **BBC News at Ten** (T)

10.25 **Regional News and Weather**

10.33 **BBC Weather** (T)

10.35 **Question Time** David Dimbleby chairs the political debate from Newry. (T)

11.35 **This Week** A political review of the week presented by Andrew Neil. (T)

12.20 Skiing Weatherview (T) **12.25** Sign Zone: Panorama (R/T) **12.55** Watchdog (R/T) **1.25** Countryfile (R/T) **2.20** An Island Parish (R/T) **2.50** Credit Crash Britain (R/T) **3.20** Helicopter Heroes (R/T) **4.05** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **11.00** Schools **12.00** The Daily Politics (T) **12.30** Working Lunch (T) **1.00** Out Of The Blue (T) **1.25** Coast (R/T) **1.30** Real Rescues (T) **2.00** Gardeners' World Top Tips (T) **2.30** Nature's Top 40 (T) **3.00** Murder, She Wrote (R/T) **3.45** Flog It! (R/T) **4.30** Step Up to the Plate (T) **5.15** Bargain Hunt Famous Finds (T) **5.55** Queen's Speech Response (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing - It Takes Two (T)

7.00 **A Woman in Love and War: Vera Brittain** Dramatisation of the life of Vera Brittain, a young woman who lived through the First World War, presented by Jo Brand for Remembrance Sunday. (R/T)

8.00 **Oceans: Indian Ocean - Coastal Waters** The team explores the coastal waters of the Indian Ocean to discover what happens when the powerful Indian Ocean collides with the edge of a continent. (T)

9.00 **Never Mind the Buzzcocks** Comedy pop quiz with Simon Amstell. (T)

9.30 **The Graham Norton Show** Graham Norton presents comedy monologues, celebrity chat, eccentric stories and characters, and home-grown weirdness from the great British viewing public. (T)

10.00 **Lead Balloon** Sitcom about ex-celebrity comedian Rick Spleen. A near-death experience makes Rick a changed man. (T)

10.30 **Newsnight** In-depth investigation and analysis of the stories behind the day's headlines with Kirsty Wark. (T) (Followed by Weather)

11.20 **Louis Theroux: Law and Disorder in Philadelphia** Louis Theroux joins the Philadelphia Police Department patrolling the most dangerous part of one of the most violent cities in America. (R/T)

12.30 BBC News **4.00-6.00** BBC Learning Zone

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News and Weather (T) **11.20** Anglia News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** House Guest (T) **2.30** Dickinson's Real Deal (R/T) **3.15** Spin Star (T) **4.00** Rosemary Shrager's School For Cooks (T) **5.00** Golden Balls (T) **6.00** Anglia Tonight (T) **6.30** ITV Evening News and Weather (T) **6.55** Queen's Speech Broadcast by the Conservative Party (T)

7.00 **Emmerdale** Chas worries that she will not be able to keep Aaron on the straight and narrow. (T)

7.30 **River Walks** Series that sees Charlie Dimmock walk the waterways of southern England. (T)

8.00 **Who Wants to Be a Millionaire?** Ten hopeful contestants compete in the 'fastest finger first' round on Who Wants to be a Millionaire? for a place in the hotseat opposite Chris Tarrant, and the chance to walk away with the top prize. (T)

8.30 **I'm a Celebrity... Get Me Out of Here!** Tensions rise as the series final looms but who will fall at the last hurdle as the viewers vote for another celebrity to leave the jungle for good? (T)

10.00 **News at Ten and Weather** (T)

10.40 **Angel of Death: Real Crime** Nurse Colin Norris murdered four elderly patients, and attempted to murder another by injecting them with massive doses of insulin. (T)

11.40 **Anglia Late Edition** Late-night talk on the hot political topics of the week and issues affecting the east of England.

12.05 Nightwatch With Steve Scott: Emergency (R/T) **1.00** Motorsport UK (T) **1.25** Quincy, ME (T) **2.20** Loose Women (R) **3.10** The Jeremy Kyle Show (R/T) **4.05** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** Planet Cook (T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.55** Just Shoot Me (R/T) **8.25** The Class (R/T) **8.55** Frasier (R/T) **9.35** Leonardo's Dream Machines (R/T) **10.35** My Big Gay Prom (R/T) **11.30** Battlefront (T) **12.00** News at Noon (T) **12.35** Grudge Match (R/T) **12.45** Supernanny USA (R/T) **1.40 FILM: The Sun Shines Bright** (1953) Drama starring Charles WInninger. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)

7.55 **The Political Slot: SNP**

8.00 **A Place in the Sun: Home or Away** After five years seeing the sights of the world Neil and Lindsey want to move home and settle down. (R/T)

9.00 **The Fun Police** Looking at the work of the Health and Safety Executive and its laboratories in Buxton, this programme looks at how the inspectors, consultants and council officials make it their business to keep us out of harm's way. (T)

10.00 **Star Stories (New)** A tongue in cheek comedy which takes a satirical look at the lives and loves of international pop stars. (T)

10.35 **Hollyoaks Later** An angry Mercedes heads back home to Hollyoaks after he wedding to Malachy is called off. (T)

11.40 **Lily Allen: Video Exclusive**

11.45 **Fonejacker** Fonejacker is a man addicted to prank telephone calls. (T)

12.15 The Law of the Playground (R/T) **12.45 FILM: Breakfast On Pluto** (2005) Comedy drama starring Cillian Murphy. **3.05 FILM: Music Of The Heart** (1999) Drama starring Meryl Streep. (T) **5.00** Countdown (R/T) **5.45** The Hoobs (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (T) **11.30** Zoo Days (R/T) **12.00** Britain's Vanishing Views (T) **12.30** Five News (T) **12.45** Going for Gold (T) **1.45** Neighbours (T) **2.15** Home and Away (T) **2.50** Going for Gold Extra (T) **3.00 FILM: Arthur Conan Doyle's The Sign of Four** (1983) Faithful adaptation of one of Conan Doyle's most colourful Sherlock Holmes stories. When a distressed young governess turns up on Holmes's doorstep, the debonair detective is called upon to solve a fascinating case of revenge and murder involving a series of unexplained deaths, a terrifying Indian pygmy and some fabulous treasure. Drama starring Ian Richardson, David Healy and Thorley Walters. (T) **5.00** Five News with Matt Barbet (T) **5.30** Neighbours (R/T) **6.00** Home and Away (R/T) **6.30** Zoo Days (T)

7.00 **Five News at 7** National and international news. (T)

7.30 **UEFA Cup Football** (Aston Villa v Zilina) Live football action with coverage of the Group F clash between Aston Villa and Zilina at Villa Park. Martin O'Neill's side will be looking to secure a place in the knock-out stages at the expense of the Slovakian side. Presented by Colin Murray with commentary from Dave Woods. (T)

10.00 **FILM: Double Team** (1997) Thriller about a CIA agent who is interned for failing in a mission to kill an international terrorist. Escaping from his island exile, he teams up with a flamboyant arms dealer and together they set out to find the terrorist and rescue the agent's wife and son. The first American production for acclaimed Hong Kong director Tsui Hark. Thriller starring Jean-Claude Van Damme, Dennis Rodman and Mickey Rourke. (T)

12.05 Quiz Call **4.00** V8 Supercars **4.45** Wildlife SOS (R/T) **5.10** Neighbours (R/T) **5.35** Home and Away (R/T)

SATELLITE

SKY1

6.00am Good Morning Sports Fans **6.30** Good Morning Sports Fans **7.00** Brainiac: Science Abuse **8.00** Inside a Lightning Bolt **9.00** Cold Case **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Project Runway **2.00** Law and Order **3.00** Cold Case **4.00** Stargate Atlantis **5.00** The Lion Man **5.30** Malcolm in the Middle **6.00** Futurama **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** Noel's Are You Smarter Than a Ten-Year-Old? **9.00** Wives **10.00** Bones **11.00** Fringe **12.10am** Road Wars **1.10** Road Wars **2.00** Caribbean Uncovered **2.50** America's Dumbest Criminals **3.15** Bite Size Brainiac **3.30** Stargate SG-1 **4.20** Stargate SG-1 **5.10** Fashion Avenue **5.35** Fashion Avenue

ITV2

6.00am Coronation Street **7.00** Emmerdale **7.25** Airline USA **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Coronation Street **10.30** Emmerdale **11.00** Judge Judy **11.30** Airline **12.00pm** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.15** The Montel Williams Show **6.00 FILM:** Inspector Gadget **7.35** Planet's Funniest Animals **8.00** Britain Does the Funniest Things **9.00** Cops With Cameras **10.00** I'm a Celebrity Get Me Out of Here Now **11.00 FILM:** Bird on a Wire **1.15am** Entourage Uncovered **1.40** Teleshopping **4.40** ITV2 Nightscreen

BBC3

7.00pm Best of Top Gear **8.00** Last Man Standing **9.00** How to Rob a Bank **10.00** EastEnders **10.30** The Real Hustle: High Stakes **11.00** Family Guy **11.25** Family Guy **11.45** How to Rob a Bank **12.45am** Last Man Standing **1.45** The Real Hustle: High Stakes **2.15** The Last Millionaire **3.10** Filthy Rich and Famous **4.10** Dog Borstal

BBC4

7.00pm World News Today **7.40** The New Avengers **8.30** Beeching's Tracks **9.00** Growing Babies **10.00** The Department Store: JT Morgan **11.00** BBC Four Session **12.00am** Growing Babies **1.00 FILM:** 36 Quai des Orfèvres **2.45** Growing Babies

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BALLOON FLIGHTS!
...THE PERFECT CHRISTMAS GIFT

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MKLIFE | MUSIC | THEATRE

CLUBS AND PUBS

OCEANA
Xscape 670976
CLUB where the VIPs in Milton Keynes spend their weekends. One venue but five rooms to chose from. The popular Rhythm Room plays a host of dance, R'n'B and garage, while the Ice House Reykjavik is double it's old size. Over 18s Sunday-Thursday, over 19s on Fridays and over 20s on Saturday. Dress code is smart casual.

SPICE LOUNGE DISCOTHEQUE
Theatre District 237400
REVAMPED under a new retro identity the Spice Lounge no longer serves food instead it is a disco venue. Party music is played from the 80s, 90s and the noughties. Open on Friday and Saturdays only. 9am-2am. Over 21s only.

THE LIVING ROOM
thehub:mk 608643
MUSIC from a local musician on the baby grand piano every night at the swank bar. The Living Room features an upmarket restaurant and an outdoor terrace overlooking the central piazza. Food is served from midday until late.

REVOLUTION
Xscape 679875
VODKA cocktail bar. Monday Madness: Indie to beat driven house. Tuesday: Two-for-one on 56 cocktails. Wednesday: What the funk? - Soul, funk and house. Thursday: Vanity - Indie, rock and hip hop upstairs. Friday: Beatcheck - New soundclash, new DJs, and new tunes. Saturday: I Love Vodka - funky commercial house. Sunday: Acoustic sessions. Dress code is smart casual.

OPUS
Theatre District john@opusmk.com
A BOUTIQUE bar with live DJs playing a mixture of house and chart tracks over two floors. Fridays DJ Rich Cole spins R'n'B, chart hit and requests on the bottom floor, while Matt Oakey plays funky house and electro upstairs. www.opusmk.com for guest list entry. Dress code is casual cool.

LLOYDS NO 1
Theatre District 558905
POPULAR bar on two levels with a large dance floor and giant disco ball. DJs play into the early hours at weekends. Free entry. Drinks and food are reasonably priced.

BUDDHA BLUE
Theatre District 241243 info@buddhablue.co.uk
A MIX of garage, baseline and R'n'B are played at the youngest night club in the Theatre District. Entry is £7 before midnight, £10 after. VIP is £15. Dress code is smart.

BLUEPRINT
Station Square 677840 info@blueprintbars.com
ULTRA stylish independent bar. Great selection of wines, beers and 35 cocktails to choose from.

SNO!BAR
Xscape 0871 222 5670
BAR with live sports and drinks offers Monday to Friday. This Saturday Sketch present a session with Radio1Xtra's DJ Daddy Skitz, supported by Mr Ti2bs.8pm until the early hours. Over 18s only.

FIRST BASE
Xscape 295222
SPORTS bar with regular DJs and live bands playing music from pop and rock to RnB and dance at the weekend, pool tables, and a big screen TV for matches. Casual dress.

SLUG AND LETTUCE
Theatre District 395147
BAR that offers wide range of bottled and draught beers from around the world, quality wines and classic cocktails. Outdoor seating.

ALL BAR ONE
Midsummer Boulevard 397216
STYLISH cosmopolitan bar aimed at people who enjoy great drinks and food in a contemporary environment.

CRAUFORD ARMS
Wolverton 313864
PUB with live music on Fridays. £4. Doors 7.30pm.

THE CANNON
Newport Pagnell 211495
PUB with a beanbag-filled candlelit chill out space. An open mic night Thursday.

THE PITZ 660392

WHOLE LOTTA LED
Friday, December 5
TRIBUTE /'tribju:t/ n. A thing said or done or given as a mark of respect or affection etc (Concise Oxford Dictionary).
Whole Lotta Led do no try to be Led Zeppelin or look like them they just celebrate there great songs.
Originally formed as No Quarter in 1993 playing a wide variety of rock standards as well as the odd Led Zeppelin number.
Audience reaction to the Zep material in their set was such that in January 1996 the band decided to play exclusively Led Zeppelin numbers and changed their name.
Whole Lotta Led gigs span four generations and for most it is the first opportunity of catching Led Zeppelin's music performed live.
The bands aim is to reproduce the classic Zep songs with the same enthusiasm, excitement and passion that the original band created.
The Pitz performance will see the band playing the full o2 Arena set.
Tickets £11. Doors 7.30pm.

THE STABLES 280800

JEB LOY NICHOLS, MICHAEL WESTON KING AND PETER BRUNTNELL
Thursday, December 4. 8.45pm
Three of the finest modern singer-songwriters come together for a night of song, stories, dark humour and light melancholia.
Tickets £12

LONDON COMMUNITY GOSPEL CHOIR
Friday, December 5. 8pm
RENOWNED for their funky gospel flair, soulful arrangements, lively choreography and vocal gymnastics, this dynamic group has performed at Live 8, at Glastonbury, on the soundtrack of Disney's The Lion King and on the official 2006 World Cup song with rock group Embrace. Energetic, inspiring and spirit-filled however you chose to describe the sound and vision of the London Community Gospel Choir, one thing's for sure - there ain't no stopping them now!
Tickets £19.50

DEL BROMHAM
Friday, December 5. 8.45pm
DEL Bromham began playing guitar at the age of 11 and while still at school he formed the band Stray in 1966. After more than 30 years on the road touring with the likes of Iron Maiden, Kiss, Rush, Mountain, Uriah Heep and Nazareth, this unsung hero of British rock joins us with a selection of songs spanning his entire career with Stray, plus songs from his solo album The Devil's Highway.
Tickets £12

JUNCTIONS: SPIERS & BODEN AND THE TACET ENSEMBLE
Saturday, December 6. 8pm
JOHN Spiers and Jon Boden, pioneers of the new folk revival and winners of the Best Duo category at the BBC Radio 2 Folk Awards in 2004 and 2006, have been wowing audiences with their traditional English folk songs with a contemporary twist and high-octane tunes

Leighton legends: Kajagoogoo

that get everyone dancing. The Tacet Ensemble are a Brighton-based contemporary music group, breaking the mould of classical performance by performing in pubs, clubs and cinemas.
Tickets £12.50

THE BARRON KNIGHTS
Sunday, December 7. 8pm
LEIGHTON Buzzard's finest exports!
Tonight the lovable local legends are back again with rock and roll, blues and soul and a slice of country, spiced up with lashings of laughter
Tickets £18, £22

AN EVENING WITH JOHNNIE WALKER
Monday, December 8. 8pm
FROM pirate radio to Buckingham Palace and an MBE, Johnnie Walker tells the amazing story of how he came to be one of the best known and most loved broadcasters in Britain, with a voice recognised by millions.
Tickets £16.50

RICH HALL
With very special guest Otis Lee Crenshaw
Tuesday, December 9. 8pm
Edinburgh Fringe favourite, QI regular and Perrier Award winner Rich Hall returns tonight accompanied by his alter ego, redneck jailbird Otis Lee Crenshaw. Rich will be performing as his usual grouchy deadpan self to start with, and then, for the first time since 2002 ,Otis will be let out of jail for the second half of the show. A singer-songwriter, Otis writes bourbon-soaked, Tom Waitsian tunes and blends this with audience banter, producing a perfect fusion of music and comedy.
Tickets £15

KAJAGOOGOO
With Limahl and His Swing Orchestra
Wednesday and Thursday, December 10-11. 8pm
MORE legends from Leighton Buzzard! Kajagoogoo have reformed with their five original members after 25 years.
With Limahl on vocals, Nick Beggs on bass & vocals, Jez Strode on drums, Stuart Neale on keyboards and Steve Askew on guitars, they're back with two hometown shows at The Stables.
Hits like Too Shy and Ooh To Be Ah formed the soundtrack of the early 80s and tonight support comes from Limahl and his Swing Orchestra performing similar hits from the age of batwing sleeves and pixie boots. Please note both performances will be filmed.
Tickets £22.50, £25
VIP £40 – includes post-show meet and greet the band backstage.

SCREAMING BLUE MURDER
Wednesday, December 10. 8.45pm.
PRESENTING the comedy stars of tomorrow, today. Tonight compere Dan Evans introduces rising star Karen Bayley and headliner Stephen Carlin. Line-up may be subject to change. Suitable for those aged 16+.
Tickets £9.50 in advance, £11.50 on the door

MK THEATRE

WAITING FOR GODOT
Open auditions
Tuesday and Wednesday, December 9-10
HAVE you ever thought about acting alongside Sir Ian McKellen and Patrick Stewart?
MK Theatre is offering the chance for to budding young actors to tread the boards in the amazing new production of Samuel Beckett's Waiting For Godot, starring both.
Ian and Patrick are looking forward to working in rehearsal with two young aspiring actors and hope that the opportunity will provide an invaluable learning experience.
The company are looking for two boys to play alternate performances and will be auditioning for the parts in open auditions on Tuesday and Wednesday, December 9-10 at Milton Keynes Theatre.
They will be playing the age of 10 years but the auditions will be open to boys up to 15 years of any ethnicity.
The auditions will be open auditions on the Tuesday and day two will be recalls for successful applicants from the first round.
Every boy who is auditioning needs to be available for both of the audition days, the dates of the performance March 16 - 21 and be on call for up to two weeks before opening night.
For the successful boys rehearsals will take place the week before the production's arrival at MK Theatre.
All boys that are interested in auditioning need to get an audition pack from Milton Keynes Theatre by emailing nicolecollarbone@theambassadors.com.
The open auditions will commence at 3pm with the last auditions being held at 7.30pm.
Auditions will be in groups of up to 20 and will last for half an hour. Be warned that there could be long waiting times due to the numbers auditioning.
Boys are allowed to turn up on the day if they haven't registered though waiting times could be longer.

Louisa Lytton as Peter in Peter Pan

PETER PAN
Friday, December 5-Sunday, january 18
The waiting will soon be over. Peter Pan flys into the city next week.
Starring Henry Winkler as Captain Hook, Louisa Lytton as Peter and Andy Ford as Smee this fun-packed family favourite is packed with special effects, amazing flying and dazzling sets.
Box office: 0870 060 6652.

FRIDAY
December 5

Live Skiing
All the Alpine World Cup action from Canada

Today at 6.30pm
Sky 410 - Virgin Media 521

BRITISH EUROSPORT

BBC1

6.00 Breakfast (T) **9.15** Hospital Heroes (T) **10.00** Homes under the Hammer (T) **11.00** Buy It, Sell It, Bank It? (T) **11.45** Cash in the Attic (T) **12.15** Bargain Hunt (T) **1.00** BBC News at One (T) **1.30** Regional News and Weather (T) **1.45** Doctors (T) **2.15** Diagnosis Murder (R/T) **3.00** BBC News (T) **3.05** CBBC **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News at Six (T) **6.30** Regional News and Weather (T) **6.55** Queen's Speech Response (T)

7.00 **The One Show** (T)
7.30 **A Question of Sport** Sue Barker hosts the fast-paced sports quiz. (T)
7.57 **BBC News and Regional News**
8.00 **EastEnders** Whitney's guilt threatens to overcome her as Tony's dark affections begin to shift towards someone else. (T)
8.30 **Parents of the Band** Drama series about a 1980s one-hit wonder who starts managing his son's new band. The band lands their first official gig, playing at Adi's birthday party. (T)
9.00 **Have I Got News for You**
9.30 **Gavin and Stacey** Comedy series based around the relationship between Essex boy Gavin and Welsh lass Stacey and their friends. (R/T)
10.00 **BBC News at Ten** (T)
10.25 **Regional News and Weather**
10.33 **BBC Weather** (T)
10.35 **Live at the Apollo** (T)
11.20 **National Lottery Euromillions Draw** (T)
11.25 **Not Going Out** Tim is worried that he is not manly enough. (R/T)
11.55 **FILM: The Legend II** (1993) The Cantonese hero Fong Sai Yuk becomes involved in a secret brotherhood which strives to overthrow the Manchurian emperor. Stars Jet Li. (T)

1.25 Weatherview (T) **1.30** Sign Zone: James May's Big Ideas (R/T) **2.30** Horizon: How Mad Are You? (R/T) **3.30** Credit Crash Britain (R/T) **4.00** Helicopter Heroes (R/T) **4.45** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **11.00** Schools **12.00** The Daily Politics (T) **12.30** Working Lunch (T) **1.00** Out Of The Blue (T) **1.25** Coast (R/T) **1.30** Real Rescues (T) **2.00** Gardeners' World Top Tips (T) **2.30** Nature's Top 40 (T) **3.00** Murder, She Wrote (R/T) **3.45** Flog It! (R/T) **4.30** Step Up to the Plate (T) **5.15** Bargain Hunt Famous Finds (T) **5.55** Queen's Speech Response (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing - It Takes Two (T)

7.00 **Price Comparison Sites: Deal or No Deal?** When it comes to making financial decisions, from switching energy providers to buying car insurance, millions of us rely on price comparison sites to find the right deal. (T)
7.30 **An Island Parish** (T)
8.00 **Mastermind** (T)
8.30 **Gardeners' World** (T)
9.00 **The Barristers** Documentary series following the work of barristers and their young colleagues who aspire to pursue this prestigious profession. (T)
10.00 **QI** Quiz show in which contestants are rewarded more if their answers are 'quite interesting'. (T)
10.30 **Newsnight** (T)
11.00 **Newsnight Review** Round-table arts discussion series with Kirsty Wark. (T) (Followed by Weather)
11.35 **The Culture Show Uncut** Michael Sheen talks about his forthcoming role as David Frost in Ron Howard's film Frost/Nixon while Sir Tom Jones takes on The Culture Show's busking challenge. (T)

12.20 BBC Four Session (R/T) **1.20** Star Trek: The Next Generation (R/T) **2.50** **FILM: Hercules in New York** (1969) Comedy adventure starring Arnold Stang, Arnold Schwarzenegger and Deborah Loomis. (T) **4.20** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News and Weather (T) **11.20** London Today (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** House Guest (T) **2.30** Dickinson's Real Deal (R/T) **3.15** Spin Star (T) **4.00** Rosemary Shrager's School For Cooks (T) **5.00** Golden Balls (T) **6.00** London Tonight (T) **6.30** ITV Evening News and Weather (T) **6.55** Queen's Speech Broadcast by the Liberal Democrats (T)

7.00 **Emmerdale** Aaron finds himself reluctant to stay with Chas. (T)
7.30 **Coronation Street** Maria struggles to comprehend the shocking discovery she has made. (T)
8.00 **The 12 Crimes of Christmas: Tonight** A look at how to avoid the Christmas crime wave from dodgy toys, bogus charity collections and fake cabs through to opportunistic thieves waiting to steal your holiday shopping. (T)
8.30 **I'm a Celebrity... Get Me Out of Here!** They have survived everything the jungle can throw at them, but now the final three must face one last Bushtucker Trial before the viewers vote for this year's King or Queen of the Jungle! (T)
10.30 **TV's Naughtiest Blunders** Neil Morrissey presides over more televisual cock ups, as more well-known faces mess up in style and provide a host of hilarious unbleeped blunders. (R/T)
11.00 **The Late News and Weather**
11.45 **FILM: Lock Up** (1989) Raw prison drama about an inmate's violent conflict with a sadistic warden. Stars Sylvester Stallone. (R/T)

1.35 Planet Rock Profiles (T) **2.00** Planet Rock Profiles (T) **2.30** **FILM: One Million Years BC** (1966) Prehistoric adventure saga starring Raquel Welch. (T) **4.15** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** Planet Cook (T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.55** Just Shoot Me (R/T) **8.25** The Class (R/T) **8.55** Frasier (R/T) **9.35** We Are Together (R/T) **11.30** Battlefront (T) **12.00** News at Noon (T) **12.35** Supernanny USA (R/T) **1.30** **FILM: Kidnapped** (1971) Drama starring Michael Caine. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** (T)
7.35 **Unreported World** (T)
8.00 **Come Dine with Me** Cooking obsessive Nat Jaspers is the first to open his doors with lots of homemade curiosities including wine, beer, jams and breads. (T)
9.00 **Gordon Ramsay's Cookalong Live** Tonight it's curry night and Gordon is joined for the event but comedy hero Alan Carr. The 60-minute meal extravaganza kicks off with a quick to prepare , starter of shami lamb kebabs with a mint and yoghurt sauce followed by chicken tikka masala with steamed rise and a dessert of marinated Bombay oranges. (T)
10.00 **The IT Crowd** Jen seeks pastures new, Roy ends up on the streets and Moss gets slightly concussed. (T)
10.35 **Jimmy Carr Live: Comedian** Armed with his trademark one-liners and a raft of new gags, Jimmy Carr plays host to an exclusive night of entertainment from London's Bloomsbury theatre. Recorded live this year, the posh-suited comedian unleashes his wit on his audience in his usual deadpan and perfectly timed manner. (T)

12.15 Star Stories (R/T) **12.45-1.50** 4Music **1.50** Goalissimo (T) **2.50** KOTV (T) **3.15** Transworld Sport (R/T) **4.10** English Masters Beach Volleyball Blackpool **4.35** Freesports on 4 (R/T) **5.00** Countdown (R/T) **5.45** The Hoobs (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (T) **11.30** Zoo Days (R/T) **12.00** Britain's Vanishing Views (T) **12.30** Five News (T) **12.45** Going for Gold (T) **1.45** Neighbours (T) **2.15** Home and Away (T) **2.50** Going for Gold Extra (T) **3.10** **FILM: The Legend of Sleepy Hollow** (1999) Drama starring Brent Carver, Rachelle Lefrevre and Paul Lemelin. (T) **5.00** Five News with Matt Barbet (T) **5.30** Neighbours (R/T) **6.00** Home and Away (R/T) **6.30** Zoo Days (T)

7.00 **Five News at 7** National and international news. (T)
7.30 **Demolition Squad** Documentary series following the work of the company Controlled Demolition. (R/T) (Followed by five news update)
8.00 **World's Strongest Man Super Series** Exclusive coverage of the World's Strongest Man Super Series - the international tour of strength athletics that acts as a qualifier for the World's Strongest Man competition. (T)
9.00 **NCIS** The team is called in when a marine's wife is murdered live on the Internet. (R/T)
10.00 **Law and Order: Special Victims Unit** The team races against time to locate a kidnapped 18-year-old girl. The case is complicated when detectives receive a dubious offer of help from a man who claims to have had psychic visions of the missing teenager. (T)
11.00 **Law and Order: Special Victims Unit** A woman urges the detectives to charge her underage daughter's boyfriend with statutory rape. When the woman is found dead, the young lovers become prime suspects in her murder. (T)

12.00 Quiz Call **4.00** Wildlife SOS (R/T) **4.25** 2005 Royal Institution Christmas Lectures (R/T) **5.10** Neighbours (R/T) **5.35** Home and Away (R/T)

SATELLITE

SKY1
6.00am Good Morning Sports Fans **6.30** Good Morning Sports Fans **7.00** Brainiac: Science Abuse **8.00** Inside Britain's Worst Sleepwalker **9.00** Cold Case **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Project Runway **2.00** Law and Order **3.00** Cold Case **4.00** Stargate Atlantis **5.00** The Lion Man **5.30** Malcolm in the Middle **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00** Wayne Rooney's Street Striker **10.00** Britney: For the Record **11.30** Top 50 Celebrity Meltdowns **1.30am** Road Wars **2.30** Stargate SG-1 **3.25** Stargate SG-1 **4.20** Fashion Avenue **4.45** Fashion Avenue **5.10** Guilty!

ITV2
6.00am Emmerdale **6.30** Airline USA **7.05** The Montel Williams Show **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Emmerdale **10.00** Judge Judy **10.30** Judge Judy **11.00** Judge Judy **11.30** Airline **12.00pm** Emmerdale **12.30** Planet's Funniest Animals **1.00** Airline USA **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.15** The Montel Williams Show **6.00** Judge Judy **6.30** The X Factor **8.10** The X Factor - The Result **8.40** **FILM:** Along Came Polly **10.30** I'm a Celebrity Get Me Out of Here Now **11.30** Ghosthunting with... I'm a Celebrity **1.30am** Coronation Street **2.00** Teleshopping **5.00** ITV2 Nightscreen

BBC3
7.00pm Doctor Who **7.55** Doctor Who Confidential **8.00** The Real Hustle: High Stakes **8.30** The Real Hustle: High Stakes **9.00** Britain's Missing Top Model **10.00** EastEnders **10.30** Family Guy **10.55** Family Guy **11.20** Two Pints of Lager and a Packet of Crisps **11.50** Two Pints of Lager and a Packet of Crisps **12.20am** Grownups **12.45** Summer Heights High **1.15** The Real Hustle: High Stakes **1.45** Britain's Missing Top Model **2.45** Two Pints of Lager and a Packet of Crisps **3.15** Two Pints of Lager and a Packet of Crisps **3.45** Grownups **4.10** Clone

BBC4
7.00pm World News Today **7.30** Gergiev Conducts Mahler's 6th Symphony **9.00** Legends: Nana Mouskouri - The White Rose of Athens **10.00** Nana Mouskouri at the BBC **11.00** The Nana Mouskouri Show **11.45** Charlie Brooker's Screenwipe **12.35am** The New Avengers **1.30** The Avengers **2.20** Gergiev Conducts Mahler's 6th Symphony

SATURDAY
December 6

BBC1

6.00 Breakfast (T) **10.00** Saturday Kitchen (T) **11.30** Indian Food Made Easy (R/T) **12.00** BBC News (T) **12.10** Football Focus (T) **1.00** Darts: World Masters (T) **4.30** Final Score (T) **5.15** BBC News (T) **5.30** Regional News and Weather (T) **5.35** Hole in the Wall (R/T) **6.05** Strictly Come Dancing (T)

7.25 **Merlin** Fantasy romp based on the legend of King Arthur. When Gwen's father is imprisoned for treason and killed at Uther's behest, Morgana decides she must take revenge. (T)
8.10 **The National Lottery Draws** Gethin Jones is live from Lottery HQ with the Thunderball and Lotto draws. (T)
8.20 **Casualty** After collapsing at work, Jessica reveals to Tess that she is pregnant. Meanwhile, Ruth worries that Toby is having trouble coping after his night with Ben, and a chance accident brings a tragic love story to the hospital. (T)
9.10 **Outnumbered** Mum and Dad try to negotiate the living hell that is being trapped in a foreign airport with young children. (T)
9.40 **BBC News** National and international BBC News, followed by Weather. (T)
10.00 **Match of the Day** Gary Lineker introduces the goals and highlights from the day's seven Premier League fixtures. (T)
11.20 **FILM: Shanghai Noon** (2000) Comedy western-cum-martial arts caper in which the Chinese emperor's clumsy guard embarks on a mission to rescue a kidnapped princess. His adventure takes him to the Wild West, where he teams up with a bungling train robber to ensure justice prevails. Stars Jackie Chan, Owen Wilson and Lucy Liu. (T)

1.05 Weatherview (T) **1.10** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** TMi (T) **10.30** Gina's Laughing Gear (R/T) **10.55** Prank Patrol Pocketsize (R/T) **11.00** The Secret Show (R/T) **11.15** The Story of Tracy Beaker (R/T) **11.45** Eliot Kid (R/T) **12.00** Malcolm in the Middle (R/T) **12.45** Mission Beach USA (T) **1.15** Sound (T) **1.45** Revealed (T) **2.00** Coast (R/T) **2.10** **FILM: The Life and Death of Colonel Blimp** (1943) A classic British epic starring Roger Livesey. (T) **4.50** **FILM: Rio Lobo** (1970) Western starring John Wayne. (T) **6.40** Porridge (R/T)

7.10 **Between the Lines: Railways in Fiction and Film: Timeshift** Novelist Andrew Martin presents a documentary examining how the train came to shape the work of writers and film-makers. (T)
8.10 **After Rome: Holy War and Conquest** Boris Johnson travels around Europe to continue his investigation into the early beginnings of what some people now call 'the clash of civilisations'. (T)
9.10 **Have I Got a Bit More News for You** (R/T)
9.50 **Never Mind the Buzzcocks** Comedy pop quiz with Simon Amstell, regular team captain Phill Jupitus, special guest team captain Dermot O'Leary and guests Arlene Phillips, Robert Webb and Keith from We are Scientists. (R/T)
10.20 **We Are Family** Documentary on chart-topping family pop music acts. (R/T)
11.20 **FILM: Merchant of Venice** (2004) Michael Radford's adaptation of Shakespeare's play about a Jewish moneylender who seeks to forfeit a literal pound of flesh from his Christian nemesis. Stars Al Pacino, Jeremy Irons and Joseph Fiennes. (T)

1.25 **FILM: The Million Dollar Hotel** (2000) Loosely structured mystery starring Mel Gibson. (T) **3.20** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** CITV: Captain Mack (R/T) **9.40** Emu (T) **9.55** My Parents Are Aliens (R/T) **10.25** My Life as a Popat (T) **10.55** Finger Tips (T) **11.15** Finger Tips (T) **11.35** Planet Sketch (R/T) **11.40** Coronation Street Omnibus (T) **1.30** ITV News and Weather (T) **1.35** Regional News and Weather (T) **1.40** **FILM: Buffalo Bill and the Indians** (1976) Offbeat western starring Paul Newman, Joel Grey and Burt Lancaster. (T) **4.00** Midsomer Murders (R/T) **6.00** Regional News and Weather (T) **6.15** ITV News and Weather (T) **6.30** New You've Been Framed! (T)

7.00 **The X Factor** The stakes are high and the tension increases as the four remaining acts sing to impress the nation and secure a place in the X Factor Final. (T)
8.15 **Harry Hill's TV Burp** Harry's back with another dose of ingenious quips, silly sketches and hilarious clips from the best of the week's telly. (T)
8.45 **The X Factor - The Result** The four remaining acts discover the results of the public vote, and learn who will be leaving the competition before the all-important final. (T)
9.15 **The British Comedy Awards 2008** Angus Deayton presentsThe British Comedy Awards 2008, which celebrates the event's 19th birthday, honouring the biggest and best in television comedy. (T)
10.45 **The Big Fight Live** Jim Rosenthal introduces live coverage from the Trent FM Arena in Nottingham of Carl Froch's WBC super-middleweight title fight against Canadian Jean Pascal. (T)
11.45 **ITV News and Weather** (T) (Followed by Local Weather)

12.00 Nightwatch With Steve Scott: Mystery (R/T) **1.00** Nightwatch With Steve Scott: Crime (R/T) **1.50** **FILM: Plain Truth** (2004) Mystery thriller starring Mariska Hargitay. (T) **3.20** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** Planet Cook (T) **7.00** Goalissimo (R/T) **8.00** The Morning Line (T) **8.55** T4: Orange Unsignedact (R/T) **10.00** Friends (R/T) **10.30** Movie Special (T) **11.00** The Month With Miquita (T) **12.05** Reaper (R/T) **1.00** 101 Challenges (T) **1.45** Channel 4 Racing From Sandown Park and Wetherby (T) **3.50** The TV Show (T) **4.25** **FILM: Carry On Doctor** (1968) Comedy starring Frankie Howerd, Sid James and Charles Hawtrey. (T) **6.10** How Clean Is Your House? (R/T) **6.40** Channel 4 News (T)

7.10 **FILM: The First Wives Club** (1996) Three ex-wives, dumped for newer models, determine to get their revenge. They had helped their husbands become financially successful, so they cleverly plan to hurt their exes in their pockets. Justice is sweet and fun with plenty of great on-liners and physical gags. Comedy starring Bette Midler. (T)
9.10 **The Devil's Whore** The country is in shock and divided as Oliver Cromwell puts the King on trial for treason and becomes the first head of the Republican Government. With Rainsborough no longer able to protect Angelica, Jolliffe plots his revenge. Angelica finds herself standing on the gallows facing her execution alone. (R/T)
10.15 **FILM: Along Came a Spider** (2001) A teacher at a school for children of politicians kidnaps a senator's daughter after 2 years. He is revealed to be a criminal wearing a mask of the teacher and contacts a criminal psychologist to play cat and mouse. Thiller starring Morgan Freeman. (T)

12.20-1.55 4Music **1.55** **FILM: Whisky** (2004) Comedy starring Andres Pazos. (T) **3.45** Hill Street Blues (R) **4.30** Countdown (R/T) **5.15** Adrenalin Rush (R/T) **5.40** Making It (R) **5.45** The Hoobs (R/T)

FIVE

6.00 Sunrise **7.00** Milkshake! **9.50** Look! (R/T) **10.00** The Gadget Show (R/T) **11.00** World's Strongest Man Super Series (R/T) **12.00** Zoo Days (R/T) **12.30** **FILM: Snow White** (2001) A modern reworking of Snow White starring Kristin Kreuk, Miranda Richardson and Tyron Leitso. (T) **2.20** **FILM: Last of The Dogmen** (1995) Adventure yarn starring Tom Berenger, Barbara Hershey and Kurtwood Smith. (T) **4.30** **FILM: Contact** (1997) Sci-fi epic starring Jodie Foster, Matthew McConaughey and Tom Skerritt. (T)

7.00 **Five News and Sport** The latest national and international headlines. (T)
7.15 **NCIS** A satellite operative inadvertently witnesses a murder whilst spying on a nude sunbather. (R/T)
8.10 **NCIS** The team is assigned another case when the leg of a missing marine is found in a dumpster in West Virginia. (R/T)
9.10 **CSI: NY** Stella and Flack investigate the death of a drag queen. Meanwhile, Danny and Mac look into the case of a high-powered extreme-sports executive found dead in a salt truck. And Lindsay testifies in court as an eyewitness to several murders. (R/T)
10.10 **Law and Order: Criminal Intent** American police drama series that looks inside the minds of criminals as well as following the Major Case Squad's investigation into their misdemeanours and felonies. Goren and Eames suspect an imprisoned white supremacist is behind the shootings of a judge's family. (R/T)
11.10 **The FBI Files** Documentary series charting the work of the FBI's crime lab. (R/T)

12.10 Quiz Call **4.15** Wildlife SOS (R/T) **4.35** The Royal Institution Christmas Lectures (R/T) **5.15** The Royal Institution Christmas Lectures (R/T)

SATELLITE

SKY1
6.00am The Lion Man **6.30** The Lion Man **7.00** Malcolm in the Middle **7.30** Malcolm in the Middle **8.00** Stargate Atlantis **9.00** Soccer AM **12.00pm** Wayne Rooney's Street Striker **1.00** Don't Forget The Lyrics **2.00** Don't Forget The Lyrics **3.00** **FILM:** The Librarian: Quest For The Spear **4.50** Bite Size Brainiac **5.00** The Simpsons **5.30** The Simpsons **6.00** Noel's Are You Smarter Than a Ten-Year-Old? **7.00** Futurama **7.30** Futurama **8.00** UK Border Force **9.00** Road Wars **10.00** Road Wars **11.00** Street Wars **12.00am** Prison Break **1.00** Road Wars **1.50** The Villa **2.40** Mile High **3.30** Mile High **4.20** Ibiza Uncovered **5.10** Guilty!

ITV2
6.00am Coronation Street Omnibus **7.45** Emmerdale Omnibus **10.25** Holiday Showdown **11.25** Keith Lemon: The Hot Desk **11.40** **FILM:** Inspector Gadget **1.05pm** Planet's Funniest Animals **1.40** Britannia High **2.40** Here Come The Boys **3.40** Xtra Factor Results **4.25** **FILM:** Hulk **7.00** Superhuman: Super Strong **8.00** Vernon Kay: The Hot Desk **8.15** Xtra Factor **8.45** Planet's Funniest Animals **9.15** Xtra Factor Results **10.00** No Heroics **10.30** Keith Lemon: The Hot Desk **10.45** British Comedy Awards 2008 - The Party **11.45** The X Factor **1.00am** Xtra Factor **1.30** The X Factor - The Result **2.00** Xtra Factor Results **2.45** 101 Sexiest Celebrity Bodies **3.30** Pop Stars: Gone Bad **4.00** Nanny 911 **4.40** The Ricki Lake Show **5.20** The Ricki Lake Show

BBC3
7.00pm The Real Hustle Las Vegas **7.10** The Real Hustle: High Stakes **7.40** The Real Hustle: High Stakes **8.10** Top Gear **9.10** **FILM:** Copycat **11.10** Family Guy **11.35** Family Guy **11.55** Two Pints of Lager and a Packet of Crisps **12.25am** Two Pints of Lager and a Packet of Crisps **12.55** West 10 LDN **1.50** The Last Millionaire **2.50** Two Pints of Lager and a Packet of Crisps **3.20** Two Pints of Lager and a Packet of Crisps **3.50** Clone **4.20** The Real Hustle: High Stakes **4.50** The Real Hustle: High Stakes

BBC4
7.00pm Crowdie and Cream **8.00** Tess of the D'Urbervilles **9.00** Who is Kurt Wallander? **10.00** Wallander **11.25** Mad Men **12.15am** Who is Kurt Wallander? **1.15** The Hard Sell **1.45** Tess of the D'Urbervilles **2.45** Who is Kurt Wallander? **3.45** The Hard Sell

SUNDAY
November 7

BBC1

6.00 Breakfast (T) **7.35** Match of the Day (T) **9.00** The Andrew Marr Show (T) **10.00** Christmas Voices **(New)** (T) **11.00** Countryfile (T) **12.00** The Politics Show (T) **1.00** 'Allo 'Allo! (R/T) **1.25** Diagnosis Murder (R/T) **2.10** EastEnders (R/T) **4.05** Merlin (R/T) **4.50** Songs of Praise (T) **5.50** BBC News (T) **6.05** Regional News and Weather (T) **6.15** Little Dorrit (R/T)

7.15 **Antiques Roadshow** Fiona Bruce returns to visit Hertford College in Oxford, where she studied as a student. (T)

8.15 **Strictly Come Dancing: Results** Bruce Forsyth and Tess Daly host the results from the 12th round of the celebrity ballroom dancing competition. (T)

9.00 **Wallander** When the body of an apparent heart attack victim is found at a cashpoint, there seems to be little connecting the death to the brutal murder of a cab driver, whose killers have confessed to the crime. (T)

10.30 **BBC News** (T)

10.50 **Spooks** Harry is imprisoned and accused by MI5 of being the Russian mole. Lucas disappears to Moscow in a bid to gather intelligence and get to the bottom of Harry's arrest, whilst the rest of the team try to prove his innocence on the Grid. But with so much evidence against him and a traitor amidst the team, things aren't looking good for Harry. (R/T)

11.50 **FILM: Steal** (2002) Action thriller in which a group of young and imaginative bank robbers pull off a series of impressive heists using skates, snowboards and extreme sport skills to escape the clutches of the police. Stars Stephen Dorff. (T)

1.10 The Sky at Night (T) **1.30** Weatherview (T) **1.35** Sign Zone: Holby City (R/T) **2.35** Survivors (R/T) **3.35** Twiggy's Frock Swap (R/T) **4.35** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **10.00** Something for the Weekend (T) **11.30** Rachel's Favourite Food at Home (R/T) **12.00** Animal Park (R/T) **1.00** Fred Dibnah's Made in Britain (T) **1.30** World Masters Darts (T) **5.20** One Man and His Dog (T) **6.00** Wild China (R/T)

7.00 **Long Way Down** After several hours of struggling, the bikes and cars finally cross the muddy river. (R/T)

8.00 **Top Gear** Motoring news and views from the usual team. (T)

9.00 **Louis Theroux: Law and Disorder in Johannesburg** Louis Theroux travels to Johannesburg, where the residents find themselves increasingly besieged by crime. (T)

10.00 **Match of the Day 2** Adrian Chiles is joined by Lee Dixon and Martin Keown for highlights of the day's two Barclays Premier League games - Everton v Aston Villa and West Brom v Portsmouth. Everton finished fifth last season, one place ahead of Aston Villa, but in the new campaign, the Toffees have struggled at Goodison Park. (T)

10.50 **The Graham Norton Show Uncut** Graham Norton presents comedy monologues, celebrity chat, eccentric stories and characters, and home-grown weirdness from the great British viewing public. (T)

11.35 **Heroes** After reuniting Sylar and Elle, Arthur orders them to find Claire and bring her to him. Matt, Hiro and Ando team up together and follow Daphne to her hometown of Athens, Georgia, to discover what she has been hiding. (R/T)

12.20 **FILM: Joan of Arc** (1999) Biographical drama starring Milla Jovovich, Dustin Hoffman and Faye Dunaway. (T) **2.50** BBC News **4.30** Inside Sport (R/T) **5.00** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** CITV: Art Attack (R/T) **9.50** Prove It! (R/T) **10.10** Finger Tips (T) **10.30** Finger Tips (T) **10.50** Planet Sketch (R/T) **10.55** The Championship (T) **11.55** ITV News and Weather (T) **12.00** Regional News and Weather (T) **12.05 FILM: Getting There** (2002) Children's comedy starring Mary-Kate Olsen, Ashley Olsen and Alexandra Picatto. (T) **1.50** The X Factor (R/T) **3.05** The X Factor - The Result (R/T) **3.35** Regional News and Weather (T) **3.50 FILM: Star Wars: Episode I - The Phantom Menace** (1999) Special effects-laden prequel to the 1977 classic Star Wars starring Liam Neeson, Ewan McGregor and Natalie Portman. (T) **6.30** Britannia High (T)

7.30 **Coronation Street** Maria uncovers some disturbing facts surrounding Liam's death. (T)

8.00 **Take That Come to Town (New)** Set in a magical venue of the band's own creation, this spectacular one-off special sees Jason Orange, Mark Owen, Howard Donald and Gary Barlow perform some of their greatest hits along with material from their new album. (T)

9.00 **I'm a Celebrity... Get Me Out of Here! Coming Out** Programme following all the celebrities from the moment they leave camp and get back into their old celebrity lives. (T)

10.30 **ITV News and Weather** (T)

10.45 **The Mariinsky Theatre: The South Bank Show** Programme celebrating the 225th anniversary of the Mariinsky Theatre in St Petersburg. (T)

11.45 **Britain's Love Story** First in a three-part series telling the story of the revolution in modern love, sex and marriage in Britain over the last 50 years. (R/T)

12.45 Quincy, ME (T) **1.40** 60 Minute Makeover (R/T) **2.30** Antiques Auction (R/T) **3.20** I Want That House by the Sea (R/T) **3.45** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 Planet Cook (T) **6.35** Transworld Sport (T) **7.30** English Masters Beach Volleyball Blackpool (R) **8.00** Adrenalin Rush (T) **8.30** Ironman **8.55** Friends (R/T) **9.30** T4: Hollyoaks Omnibus (R/T) **12.00** Orange Unsignedact (T) **1.00** Friends (R/T) **1.35** Relentless (T) **2.25 FILM: See Spot Run** (2001) Comedy starring David Arquette, Leslie Bibb and Joe Viterelli. (T) **4.15** The Simpsons (T) **4.45** The Simpsons (T) **5.15** Deal Or No Deal (T) **6.05** Channel 4 News (T)

6.20 **FILM: Miracle On 34th Street** (1994) A little girl discovers dreams do come true if you really believe. Festive drama starring Richard Attenborough. (T)

8.30 **Bring Back... Dallas** In this feature-length special, comedian Justin Lee Collins travels to the USA to reunite the cast of one of the greatest soaps in TV history: Dallas. Justin has just ten days to track down the stars of the legendary series and persuade them to attend his very own Oil Barons' Ball in Los Angeles. (R/T)

10.00 **FILM: Bulletproof Monk** (2002) For 60 years a mysterious monk with no name has zigzagged the globe to protect an ancient scroll - a scroll that holds the key to unlimited power. Now the Monk must look for a new scrollkeeper. Kar is an unlikely candidate, a streetwise young man whose only interest is himself. But when he inadvertently saves the Bulletproof Monk from capture, the two become partners in a scheme to save the world from the scroll's most avid pursuer. Action starring Yun-Fat Chow. (T)

12.05 Brothers & Sisters (T) **1.05 FILM: Camp** Musical comedy starring Daniel Letterle. **3.00** Supporting Acts (R/T) **3.15** Unreported World (R/T) **3.40** 3 Minute Wonder (R/T) **3.45** Hill Street Blues (R) **4.30** Countdown (R/T) **5.15** Adrenalin Rush (R/T) **5.40** Making It (R) **5.45** The Hoobs (R/T)

FIVE

6.00 Milkshake! **10.00** Secrets of Egypt: Screaming Man (R/T) **11.00** Dangerous Adventures for Boys (R/T) **12.00** Great Ocean Adventures: The Great British Sea Monster (R/T) **12.50** Zoo Days (T) **1.00 FILM: The Sword and the Rose** (1953) Historical drama starring Glynis Johns. (T) **2.45** Five News (T) **3.00 FILM: Steel Magnolias** (1989) Bittersweet tale starring Sally Field. (T) **5.10 FILM: Home Alone** (1990) Comedy starring Macaulay Culkin. (T)

7.05 **FILM: The Pink Panther** (1963) Steve Martin takes over from Peter Sellers as the inept Inspector Clouseau to solve the mystery of a murdered French football coach and retrieve the priceless Pink Panther diamond. (T)

9.00 **FILM: Just Cause** (1995) Mystery thriller in which a Harvard law professor reluctantly gets drawn into the case of a young black man on death row in Florida for the rape and murder of a girl. The lawyer uncovers disturbing facts about the conduct of the police in the case, but just when he seems to have enough evidence to ensure the condemned man's release, events take an unexpected twist. Stars Sean Connery. (T)

11.05 **FILM: Silent Cry** (2002) Thriller in which a single mother searches for her stolen baby. The woman refuses to believe doctors when they tell her that that her newborn son died during the night and becomes convinced that he was stolen while she slept. She enlists the help of a sympathetic hospital porter in the search for the child, leading them on a journey through London's underworld and on a collision course with her past. Stars Emily Woof. (T)

12.45 Great Australian Run **1.15** NFL **4.20** Now Is the Time: Night of Combat - Kick Boxing **5.10** The Royal Institution Christmas Lectures (R/T)

SATELLITE

SKY1
6.00am Hour of Power **7.00** The Lion Man **7.30** Malcolm in the Middle **8.00** Noel's Are You Smarter Than a Ten-Year-Old? **9.00** Britney: For the Record **10.30** Rooney's Top 20 Premier League Goals **11.00** WWE: Experience **12.00pm FILM:** The Librarian: Return to King Solomon's Mines **1.50** Bite Size Brainiac **2.00** Gladiators: Battle of the Forces **3.00** Malcolm in the Middle **3.30** Malcolm in the Middle **4.00** Malcolm in the Middle **4.30** Futurama **5.00** Futurama **5.30** Futurama **6.00** Futurama **6.30** The Simpsons **7.00** Wayne Rooney's Street Striker **8.00** The Simpsons **8.30** The Simpsons **9.00** Fringe **10.10 FILM:** Beverly Hills Cop **12.15am** Bones **1.15** Road Wars **2.10** Road Wars **3.05** The Villa **4.00** Bite Size Brainiac **4.20** Ibiza Uncovered **5.10** Guilty!

ITV2
6.00am Emmerdale Omnibus **8.50** Nanny 911 **9.50** Xtra Factor Results **10.40** Emmerdale Omnibus **1.30pm FILM:** Babe: Pig in the City **3.15** Coronation Street Omnibus **5.15** The X Factor **6.30** Superhuman - Giants **7.30** The X Factor - The Result **8.00** Britain Does the Funniest Things **9.00 FILM:** Police Academy **11.00** Coronation Street **11.30 FILM:** True Lies **2.15am** Teleshopping **5.05** ITV2 Nightscreen

BBC3
7.00pm Dog Borstal **8.00** Don't Tell the Bride **9.00** The Last Millionaire **10.00** Family Guy **10.25** Family Guy **10.45 FILM:** Copycat **12.40am** Clone **1.10** The Last Millionaire **2.10** Don't Tell the Bride **3.05** Filthy Rich and Famous **4.05** Dog Borstal

BBC4
7.00pm Travels with Vasari **8.00** Legends: Nana Mouskouri - The White Rose of Athens **9.00** Nana Mouskouri at the BBC **10.00** Presenting Nana Mouskouri **10.30** Who is Kurt Wallander? **11.30** Charlie Brooker's Screenwipe **12.20am** Mark Lawson Talks to John le Carre **1.20** Travels with Vasari **2.20** Legends: Nana Mouskouri - The White Rose of Athens **3.20** Nana Mouskouri at the BBC

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MONDAY
December 8

Rally Action
See highlights of the 2008 Wales Rally GB

Tonight at 9.00pm
Sky 410 - Virgin Media 521

BRITISH EUROSPORT

BBC1

6.00 Breakfast (T) **9.15** Hospital Heroes (T) **10.00** Homes under the Hammer (R/T) (Followed by BBC News; Weather) **11.00** Buy It, Sell It, Bank It? (T) **11.45** Cash in the Attic (T) (Followed by BBC News; Weather) **12.15** Bargain Hunt (R/T) **1.00** BBC News at One (T) **1.30** Regional News and Weather (T) **1.45** Doctors (T) **2.15** Diagnosis Murder (R/T) **3.00** BBC News (T) **3.05** CBBC **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News at Six (T) **6.30** Regional News and Weather (T)

7.00 **The One Show** (T)
7.30 **Watchdog** Nicky Campbell, Julia Bradbury and Paul Heiney present the latest consumer news and advice from the Watchdog office. (T)
7.57 **BBC News and Regional News**
8.00 **EastEnders** Bianca throws Whitney a sixteenth birthday party that she will never forget. Under pressure from Jack, Roxy is forced to take drastic action, and Denise makes a big sacrifice for Lucas. (T)
8.30 **Panorama** Politician Margo MacDonald, suffering from Parkinson's Disease, recently spoke openly of her desire to choose the moment of her death. (T)
9.00 **Spooks** Drama series about the British Security Service. (T)
10.00 **BBC News at Ten** (T)
10.25 **Regional News and Weather** (T)
10.33 **BBC Weather** (T)
10.35 **A Question of Sport** (R/T)
11.05 **Inside Sport** (T)
11.35 **FILM: Shiner** (2000) Downbeat thriller about a small-time hood who goes on the run with his boxer son after a bout goes wrong. Stars Michael Caine, Martin Landau and Frances Barber. (T)
1.10 Weatherview (T) **1.15** Sign Zone: Antiques Roadshow (R/T) **2.15** Little Dorrit (R/T) **2.45** Little Dorrit (R/T) **3.15** Helicopter Heroes (R/T) **4.00** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **11.00** CBBC **12.00** The Daily Politics (T) **12.30** Working Lunch (T) **1.00** Out Of The Blue (T) **1.25** Coast (R/T) **1.30** Real Rescues (T) **2.00** Gardeners' World Top Tips (T) **2.30** Nature's Top 40 (T) **3.00** Murder, She Wrote (R/T) **3.45** Flog It! (R/T) **4.30** Step Up to the Plate (T) **5.15** Bargain Hunt Famous Finds (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing - It Takes Two (T)

7.00 **The Last Days of Steam: Time Shift** Documentary which tells the surprising story of how Britain entered a new age of steam railways after the Second World War and why it quickly came to an end. (R/T)
8.00 **University Challenge** Jeremy Paxman asks the questions. (T)
8.30 **Indian Food Made Easy** Anjum Anand presents simple recipes for delicious, healthy Indian food. (T)
9.00 **World War II Behind Closed Doors** Joseph Stalin was a tyrant responsible for the death of millions, yet he was also a vital ally of Britain and America during the Second World War. (T)
10.00 **Have I Got News for You** Team captains Paul Merton and Ian Hislop are joined for another edition of the popular news quiz by guest host David Mitchell, and panellists Andy Hamilton and Sarah Millican. (R/T)
10.30 **Newsnight** (T) (Followed by Weather)
11.20 **Band of Brothers** Wartime drama series. Easy Company finally enter Germany, to little resistance, and have a chance to relax for the first time in a long while. A patrol in a nearby forest discovers an abandoned Nazi concentration camp, still filled with emaciated prisoners. News arrives that Hitler is dead. (R/T)
12.15 Ellery Queen (R/T) **1.05** Joins BBC News **4.00** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News and Weather (T) **11.20** Regional News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** House Guest (T) **2.30** Dickinson's Real Deal (R/T) **3.15** Spin Star (T) (Followed by Local Weather) **4.00** Rosemary Shrager's School For Cooks (T) **5.00** Golden Balls (T) **6.00** Regional News and Weather (T) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** Eli, Debbie and Jasmine use the discovery of Shane's phone to their advantage. (T)
7.30 **Coronation Street** Molly is suspicious of Tyrone's friendship with Minnie. (T)
8.00 **Airline** (R/T)
8.30 **Coronation Street** The Windasses make their presence felt upon the Street. (T)
9.00 **Taggart (New)** Zbigniew Lisowski, a Polish migrant worker, is found shot at the building site where he worked as a security guard. (T)
10.00 **News at Ten and Weather** (T)
10.40 **Forensic Casebook with Matthew Kelly** Tonight's episode tells how a doctor poisoned his friends and family and almost got away with it.
11.10 **Grimebusters** Restaurant Inspectors John and Faye pay an unannounced visit to a local Indian restaurant. (T)
11.40 **UEFA Champions League Weekly** Vicky Gomersall and Trevor Harris look ahead to the sixth and final round of UEFA Champions League group stage games. (T)
12.10 Nightwatch With Steve Scott: Crime (R/T) **1.05** Nightwatch With Steve Scott: Crime (R/T) **2.00** Loose Women (R) **2.45** Moving Day (R/T) **3.40** ITV Nightscreen **5.00** CITV: Jim Jam and Sunny (R/T) **5.10** Jim Jam and Sunny (R/T) **5.25** Engie Benjy (R/T) **5.35** Captain Mack (R/T) **5.45** Meg and Mog (R) **5.55** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.40** Planet Cook (T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.55** Everybody Loves Raymond (R/T) **8.25** The Class (R/T) **8.55** Fat March USA (T) **9.55** Charmed (R/T) **10.50** Charmed (R/T) **11.50** Supporting Acts (R/T) **12.00** News at Noon (T) **12.35** A Brief History Of Fun (R/T) **12.55** Supernanny USA (R/T) **1.50 FILM: The Story Of Robin Hood And His Merrie Men** (1952) Adventure starring Richard Todd, Joan Rice and Peter Finch. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.55 **3 Minute Wonder** (T)
8.00 **The Ascent Of Money** Professor Niall Ferguson shows how the history of finance has never been smooth and that the ascent of money has repeatedly faced various crises and crashes. (T)
9.00 **Catastrophe** (T)
10.00 **FILM: A History of Violence** (2005) Tom Stall is a loving family man and well-respected citizen of a small Indiana town. But when two savage criminals show up at his diner, Tom is forced to take action and thwart the robbery attempt. Thriller starring Viggo Mortensen, Maria Bello and Ed Harris. (T)
11.50 **FILM: Wicker Park** (2004) Investment Banker Matthew, a young advertising executive in Chicago, puts his life and a business trip to China on hold when he thinks he sees Lisa, the love of his life who walked out on him without a word two years earlier, walking out of a restaurant one day. Drama starring Josh Hartnett.
2.05 FILM: Grave of the Fireflies (1988) Drama starring Tsutomu Tatsumi, Ayano Shiraishi and Yoshiko Shinohara. (T) **3.40** Titanic's Ghosts (R/T) **4.40** Hill Street Blues (R) **5.30** INUK (R/T) **5.45** The Hoobs (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (T) **11.30** Behind Closed Doors (R/T) **12.30** Five News (T) **12.45** Going for Gold (T) **1.45** Neighbours (T) **2.15** Home and Away (T) **2.50** Going for Gold Extra (T) **3.00** **FILM: Hart to Hart: Two Harts in 3/4 Time** (1996) Feature-length mystery adventure starring Stefanie Powers, Robert Wagner and Joan Collins. (T) **5.00** Five News with Matt Barbet (T) **5.30** Neighbours (R/T) **6.00** Home and Away (R/T) **6.30** Zoo Days (T)

7.00 **Five News at 7** National and international news. (T)
7.30 **Rough Guide to Great Weekend Breaks** Travel series presented by Julia Bradbury and Toby Amies. (T) (Followed by five news update)
8.00 **The Gadget Show Christmas Special** (T) (Followed by five news at 9)
9.00 **Sex, Drugs and Rock 'n' Roll: The 60s Revealed** Documentary series featuring never-before-seen footage of iconic figures from the 1960s. (T)
10.00 **FILM: Starship Troopers 2: Hero of the Federation** (2004) Sci-fi sequel. A squad of troopers are stranded on a planet infested by giant bugs and head for an abandoned outpost. When they arrive, they find a lone survivor there who has been locked up for killing his commanding officer. The squad's troubles only increase as they find themselves threatened both by the marauding bugs and a new group of strangers. Stars Richard Burgi. (T)
11.55 **Police Interceptors: Special Edition** Special edition of the documentary series profiling the work of a high-speed police interception unit in Essex. (T)
12.25 Disorderly Conduct (T) **1.25** NFL **4.45** Race and Rally UK **5.10** Neighbours (R/T) **5.35** Home and Away (R/T)

SATELLITE

SKY1
6.00am Good Morning Sports Fans **6.30** Good Morning Sports Fans **7.00** Brainiac: Science Abuse **8.00** UK Border Force **9.00** Cold Case **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Project Runway **2.00** Law and Order **3.00** Cold Case **4.00** Stargate Atlantis **5.00** Wayne Rooney's Street Striker **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** Futurama **9.00** Road Wars **10.00** Ben: Diary of a Heroin Addict **11.00** Street Wars **12.00am** Road Wars **1.00** Road Wars **1.50** Caribbean Uncovered **2.45** Stargate SG-1 **3.40** Stargate SG-1 **4.35** America's Dumbest Criminals **5.00** Bite Size Brainiac **5.10** Guilty!

ITV2
6.00am Coronation Street **6.30** Coronation Street **7.00** Emmerdale **7.25** Airline USA **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Coronation Street **10.00** Coronation Street **10.30** Emmerdale **11.00** Judge Judy **11.30** Judge Judy **12.00pm** Coronation Street **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.15** The Montel Williams Show **6.00** Judge Judy **6.30** Judge Judy **7.00** Smallville **8.00** George Sampson - Living the Dream **8.30** Planet's Funniest Animals **9.00 FILM:** True Lies **11.50** Coronation Street **12.20am** Coronation Street **12.50 FILM:** Total Recall **3.00** Teleshopping

BBC3
7.00pm The Real Hustle **7.15** Doctor Who Christmas Special **8.30** Clone **9.00** Little Britain **9.30** Summer Heights High **10.00** EastEnders **10.30** How to Rob a Bank **11.30** Family Guy **11.55** Family Guy **12.15am** Summer Heights High **12.45** Clone **1.15** Last Man Standing **2.10** How to Rob a Bank **3.10** The Real Hustle: High Stakes **3.40** Last Man Standing

BBC4
7.00pm World News Today **7.30** The Sky at Night **8.00** The Hard Sell **8.30** Only Connect **9.00** Growing Babies **10.00** Wallander **11.40** Growing Babies **12.40am** Only Yesterday: The Carpenters' Story **1.40** The Carpenters **2.20** The Carpenters: A World of Music **3.10** The Sky at Night **3.40** Only Connect

TUESDAY
December 9

BBC1

6.00 Breakfast (T) **9.15** Hospital Heroes (T) **10.00** Homes under the Hammer (R/T) (Followed by BBC News; Weather) **11.00** Buy It, Sell It, Bank It? (T) **11.45** Cash in the Attic (R/T) (Followed by BBC News; Weather) **12.15** Bargain Hunt (R/T) **1.00** BBC News at One (T) **1.30** Regional News and Weather (T) **1.45** Doctors (T) **2.15** Diagnosis Murder (R/T) **3.00** BBC News (T) **3.05** CBBC **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News at Six (T) **6.30** Regional News and Weather (T)

7.00 **The One Show** (T)
7.30 **EastEnders** Bianca is thrown into turmoil when she uncovers the shocking truth about Tony, but will he convince her that Whitney is lying? (T)
7.57 **BBC News and Regional News**
8.00 **Holby City** Linden begins to lose faith in Callie's recovery, and it is up to Maddy to find a way to reignite his passion. (T)
9.00 **Survivors** When Abby learns of a group of young boys living in a nearby mansion, she leaves her new friends in the hopes of finding her son. (T)
10.00 **BBC News at Ten** The latest national and international news, with reports from BBC correspondents around the world. (T)
10.25 **Regional News and Weather** (T)
10.33 **BBC Weather** The latest weather forecast. (T)
10.35 **FILM: The Perfect Storm** (2000) Seafaring drama based on the true story of a commercial fishing boat crew who become caught in a terrifying storm off the coast of Massachusetts. Stars George Clooney, Mark Wahlberg and Diane Lane. (T)
12.35 Weatherview (T) **12.40** Sign Zone: See Hear (R/T) **1.10** Oceans: Southern Ocean (R/T) **2.10** Looking for Dad (R/T) **3.10** Helicopter Heroes (R/T) **3.55** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **11.00** CBBC **12.00** The Daily Politics (T) **12.30** Working Lunch (T) **1.00** Out Of The Blue (T) **1.25** Coast (R/T) **1.30** Real Rescues (T) **2.00** Gardeners' World Top Tips (T) **2.30** Nature's Top 40 (T) **3.00** Murder, She Wrote (R/T) **3.45** Flog It! (R/T) **4.30** Step Up to the Plate (T) **5.15** Bargain Hunt Famous Finds (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing - It Takes Two (T)

7.00 **Delia** Delia does desserts, including Portuguese custard tarts, no cook cheesecake, a wonderful pancake concoction called Kaiser Schmarm and a delicious chocolate Ricotta Mousse. (R/T)
7.30 **All Over The Shop** (T)
8.00 **Natural World** Every time we weigh up which bottle of wine to buy, we hold the fate of nightingales, rare black storks, secretive wild cats and one of the world's most remarkable trees in our hands. (T)
8.50 **Badlands Raging Bulls** (R/T)
9.00 **Horizon: Allergy Planet** Today we are in the grip of an allergy epidemic. 50 years ago one in 30 were affected, but in Britain today it is closer to one in three. (T)
10.00 **Strictly Baz: A Culture Show Special** A look at the cinematic visionary, Baz Luhrmann. The director of Strictly Ballroom, Romeo and Juliet and Moulin Rouge, Luhrmann deals in colour, romance and spectacle. (T)
10.30 **Newsnight** (T) (Followed by Weather)
11.20 **Band of Brothers** Wartime drama series. Easy Company enters the Bavarian town of Berchtesgaden, once home to the top officers of the Third Reich, and captures Hitler's mountaintop fortress. (R/T)
12.20 Joins BBC News **3.55** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News and Weather (T) **11.20** Regional News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** House Guest (T) **2.30** Dickinson's Real Deal (R/T) **3.15** Spin Star (T) (Followed by Local Weather) **4.00** Rosemary Shrager's School For Cooks (T) **5.00** Golden Balls (T) **6.00** Regional News and Weather (T) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** A relieved Debbie is glad that Jasmine appears to be keeping herself together. Matthew approaches Anna to bail out the Kings. The choir arrange a practice gig. (T)
7.30 **UEFA Champions League** Steve Rider introduces live coverage from either the Philips Stadium in Eindhoven of Liverpool's final group match against Dutch champions PSV Eindhoven, or from Stamford Bridge of Chelsea's final group match against Romanian champions CFR Cluj. Rafa Benitez's men beat Eindhoven 3-1 at Anfield and another good performance is expected tonight, while Chelsea and Cluj drew 0-0 in Romania. (T)
10.00 **News at Ten and Weather** (T)
10.40 **UEFA Champions League Highlights** Craig Doyle and Robbie Earle look back at this evening's sixth and final UEFA Champions League Group Stage games. (T)
12.00 Nightwatch With Steve Scott: Emergency (R/T) **12.50** Heist (R/T) (Followed By ITV News Headlines) **1.40** Loose Women (R) **2.30** The Jeremy Kyle Show (R/T) **3.20** ITV Nightscreen **5.00** CITV: Jim Jam and Sunny (R/T) **5.10** Jim Jam and Sunny (R/T) **5.25** Engie Benjy (R/T) **5.35** Captain Mack (R/T) **5.45** Meg and Mog (R/T) **5.55** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** Planet Cook (T) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R/T) **7.55** Everybody Loves Raymond (R/T) **8.25** The Class (R/T) **8.55** Fat March USA (T) **9.55** Charmed (R/T) **10.55** Charmed (R/T) **11.50** Supporting Acts (R/T) **12.00** News at Noon (T) **12.30** Will & Grace (R/T) **1.00 FILM: Mary, Queen Of Scots** (1971) Drama starring Vanesse Redgrave, Glenda Jackson and Patrick McGoohan. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.55 **3 Minute Wonder** (T)
8.00 **How to Look Good Naked** Gok Wan meets up again with former bouncer and ladette Alison Howard to see if she is still dedicated to bringing out the feminine side he helped her discover a year ago. (T)
9.00 **Country House Rescue** (T)
10.00 **Man Hunters** The lure of Turkey isn't just about sand and sea - for some single women the draw is the local men who believe older British women are their key to a future paradise. This episode follows two women, both separated from their husbands, who are banking of finding some toy boys to entertain them. (T)
11.05 **Special Needs Pets** How far will people go when their pets develop special needs? From parrots on anti-depressants to paralysed rabbits in wheelchairs, this film follows owners striving to find solutions for their pets' disabilities - including false limbs for a Jack Russell and hormone implants for sexually disturbed birds. (R/T)
12.10 European Poker Tour **1.15** KOTV Classics (T) **2.15** FIVB Beach Volleyball (T) **3.10** Adrenalin Rush (R/T) **3.35** KOTV (T) **4.00** Ironman (R) **4.25** Volvo Ocean Race **5.20** Freesports on 4 (T) **5.45** The Hoobs (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (T) **11.30** Behind Closed Doors (R/T) **12.30** Five News (T) **12.45** Going for Gold (T) **1.45** Neighbours (T) **2.15** Home and Away (T) **2.50** Going for Gold Extra (T) **3.10** **FILM: Scandalous Me** (1998) Biopic starring Michele Lee, Peter Riegert and Kenneth Walsh. (T) **5.00** Five News with Matt Barbet (T) **5.30** Neighbours (R/T) **6.00** Home and Away (R/T) **6.30** Zoo Days (T)

7.00 **Five News at 7** National and international news. (T)
7.30 **Highland Emergency** Documentary series following the work of the emergency services in the Highlands of Scotland. (T) (Followed by five news update)
8.00 **Danger Men: Gale Force Construction** Six-part series examining some of the most dangerous jobs in the world. In Montana, construction workers are responsible for building huge turbines at one of the biggest wind farms in the US. (T) (Followed by five news at 9)
9.00 **CSI: Miami** A jet skier is killed by a piece of slate thrown from a bridge. During the course of the investigation Alexx discovers that her son has been keeping unsavoury company. (T)
10.00 **CSI: NY** Stella and Danny follow the trail of a professional shoplifter who they believe has murdered a security guard. Mac, Hawkes and Flack delve into a mysterious secret society to find out if its members are responsible for the death of a student found in the centre of a maze. (R/T)
11.00 **CSI: NY** Mac and Danny investigate the death of a woman found dead in a bathtub filled to the brim with rose petals. (R/T)
12.00 The FBI Files (R/T) **1.00** NBA Basketball **4.10** Boxing USA **4.45** Motorsport Mundial **5.10** Neighbours (R/T) **5.35** Home and Away (R/T)

SATELLITE

SKY1
6.00am Good Morning Sports Fans **6.30** Good Morning Sports Fans **7.00** Brainiac: Science Abuse **8.00** UK Border Force **9.00** Cold Case **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Project Runway **2.00** UK Border Force **3.00** Cold Case **4.00** Stargate Atlantis **5.00** Malcolm in the Middle **5.30** Malcolm in the Middle **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** Stargate Atlantis **9.00** Ross Kemp on Gangs **10.00** Prison Break **11.00** Inside: Alaska'S Toughest Prison **12.00am** Road Wars **1.00** Road Wars **1.50** Stargate SG-1 **2.40** Stargate SG-1 **3.30** Caribbean Uncovered **4.20** Scare Tactics **4.45** America's Dumbest Criminals **5.10** Guilty!

ITV2
6.00am Coronation Street **6.30** Coronation Street **7.00** Emmerdale **7.25** Airline USA **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Coronation Street **10.00** Coronation Street **10.30** Emmerdale **11.00** Judge Judy **11.30** Judge Judy **12.00pm** Coronation Street **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.15** The Montel Williams Show **6.00** Judge Judy **6.30** Judge Judy **7.00** Smallville **8.00** Take That Come to Town **9.00 FILM:** Total Recall **11.20 FILM:** Terminator 2: Judgment Day **2.00am** Teleshopping **5.00** ITV2 Nightscreen

BBC3
7.00pm Spendaholics **8.00** Dog Borstal **9.00** Last Man Standing **10.00** EastEnders **10.30** Grownups **11.00** Family Guy **11.25** Family Guy **11.45** Clone **12.15am** Last Man Standing **1.10** Dog Borstal **2.10** Grownups **2.40** Clone **3.10** Spendaholics **4.05** The Last Millionaire

BBC4
7.00pm World News Today **7.30** Versailles Stories **8.00** The Thirties in Colour **9.00** Stephen Fry: Guilty Pleasures **9.30** Only Connect **10.00** The Story of Asthma Island **10.30** Charlie Brooker's Screenwipe **11.00** Hancock and Joan **12.30am** Charlie Brooker's Screenwipe **1.00** Stephen Fry: Guilty Pleasures **1.30** Only Connect **2.00** Hancock and Joan **3.25** Only Connect

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FEMALE mid 40's, dark hair, blue eyes, likes nights in, cinema, meals out, seaside, seeks genuine, kind, N/S male for friendship. **Tel No: 0911 374 0222 Box No: 347716**

GENUINE attractive, slim, lady, brown hair, blue eyes, 5ft 2ins, GSOH, N/S, OHAC, seeks genuine, well mannered male to share fun and laughter. **Tel No: 0911 374 0222 Box No: 349928**

ATTRACTIVE caring female, early 40's, likes nights out, seeks male, 36-45 for friendship/relationship. **Tel No: 0911 374 0222 Box No: 349826**

TALL slim fit female seeks lovely tall male to share good times and lots of TLC. **Tel No: 0911 374 0222 Box No: 347622**

YOUNG 58yr old female, blonde, curvy, divorced, 5ft 2ins, GSOH, N/S, likes country walks, reading, shopping, clothes, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 345510**

27YR old brunette, slim, curvy, GSOH, seeks honest, romantic male for dates, possible LTR. **Tel No: 0911 374 0222 Box No: 329192**

BEAUTIFUL independent single female, no ties seeks solvent, passionate male. **Tel No: 0911 374 0222 Box No: 347630**

BUBBLY attractive 52yr old female, dark hair, blue eyes, likes meals out, walks, swimming, theatre, seeks genuine male with GSOH for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 341562**

ATTRACTIVE female, 40's, seeks N/S male of similar age for a LTR. **Tel No: 0911 374 0222 Box No: 338610**

VIVACIOUS cuddly, bubbly female, loves life, seeks tall handsome male to be adventurous with. **Tel No: 0911 374 0222 Box No: 347644**

KATH 51, homely, smoker, fed up of being alone, seeks romantic, honest male. **Tel No: 0911 374 0222 Box No: 319698**

PRETTY tall, leggy female, sensual and romantic searching for dark, hunky male to set her heart on fire. **Tel No: 0911 374 0222 Box No: 347648**

ATTRACTIVE green eyed female, seeks black male, 44-55 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 285706**

CARING brunette, 35, seeks kind male to spice up her life. **Tel No: 0911 374 0222 Box No: 347652**

GENUINE kind 58yr old blonde, likes meals out, cosy nights in, seeks honest male, 55-65 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 312804**

FEMALE young 60's, 5ft 6ins, attractive, blond, blue eyes, medium build, cuddly, warm, loving, N/S, GSOH, seeks loving, caring male, 50's-60's for friendship/relationship. **Tel No: 0911 374 0222 Box No: 314752**

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ATTRACTIVE black, professional female, 27, seeks caring, professional white male, 27-35 for 1-2-1 relationship. **Tel No: 0911 374 0222 Box No: 347686**

ISABELLA blonde hair, blue eyes, fun loving, slim, petite, seeks honest, tender, N/S male, 35-55 with GSOH. **Tel No: 0911 374 0222 Box No: 349192**

OUTGOING petite blonde widow, loves the outdoors, seeks genuine male for fun, friendship and maybe more. **Tel No: 0911 374 0222 Box No: 347666**

BLONDE female, seeks gent 35 plus for fun and friendship. **Tel No: 0911 374 0222 Box No: 348900**

WENDY 47, blonde hair, blue eyes, honest, caring, seeks similar aged genuine, honest male for fun, maybe more. **Tel No: 0911 374 0222 Box No: 346294**

SNOW White 58, seeks Grumpy for leaf kicking, dancing in the kitchen, wine sipping, fireside snuggling, smiling yet? **Tel No: 0911 374 0222 Box No: 347664**

ATTRACTIVE fun loving lady 49, likes music, reading, seeks kind, honest, romantic hero. **Tel No: 0911 374 0222 Box No: 347486**

CAROLINE beautiful therapist, mum of three, seeks emotionally independent, gorgeous, loving man for lively connection. **Tel No: 0911 374 0222 Box No: 347320**

72YR old female, likes gardening, walks, meals out, holidays, seeks genuine gent of similar age for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 347016**

DEE 45, black female, 5ft 6ins, size 18, caring, professional, seeks caring male, 48 plus for a loving relationship. **Tel No: 0911 374 0222 Box No: 345844**

WIDOWER 59, 5ft, N/S, cuddly, seeks N/S male, 59-75 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 341932**

33YR old bubbly, cuddly, genuine, N/S, 5ft 1ins, seeks romantic, honest, genuine, gentle giant for nights out or cosy nights in. **Tel No: 0911 374 0222 Box No: 340854**

WIDOW 40, caring, attractive, like meals out, seeks gent for kisses and cuddles, maybe more. **Tel No: 0911 374 0222 Box No: 341900**

ATTRACTIVE 72yr old lady, 5ft 2ins, slim, dark hair, likes walks, seeks kind, caring male, 65-70 for friendship/relationship. **Tel No: 0911 374 0222 Box No: 340554**

SANDRA 46, fun loving, single mum, seeks male to love and hug. **Tel No: 0911 374 0222 Box No: 339590**

UGLY duckling single mum, 32, seeks male, 35-45 for fun and friendship. **Tel No: 0911 374 0222 Box No: 339408**

PRETTY petite female, 50's, dark hair, blue/green eyes, seeks caring guy, 46-50 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 339348**

ATTRACTIVE 61yr old female, 5ft 6ins, N/S, likes cinema, gardening, meals out, home life, seeks genuine male, 60 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 338394**

39YR old female, single mum, seeks fun loving, outgoing male for nights in/out, socialising, maybe more. **Tel No: 0911 374 0222 Box No: 344656**

ATTRACTIVE 40yr old blonde, caring, kind, N/S, GSOH, likes clubs, pubs, cinema, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 343984**

1944 model, blonde, good running order, likes travel, car boots, walking, reading, days out, seeks similar gent for LTR. **Tel No: 0911 374 0222 Box No: 319246**

JAN 43, likes outdoors, music, seeks male of similar age up to 55 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 343874**

BLONDE female, seeks male, 35 plus for fun and friendship. **Tel No: 0911 374 0222 Box No: 342874**

FEMALE early 50's, seeks male, 50-59 for friendship. **Tel No: 0911 374 0222 Box No: 338344**

BLONDE attractive female, 38, professional, confident, N/S, likes gym, sports, seeks likeminded male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 311866**

PETITE attractive female, 55, likes sports, dance, walks, seeks honest male, 54-60 for friendship, maybe more. Ballroom dancer a bonus. **Tel No: 0911 374 0222 Box No: 337196**

ATTRACTIVE intelligent, professional female, 50, GSOH, 5ft 9ins, medium build, seeks attractive male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 336992**

PROFESSIONAL black female, 40, single mum, slim, hardworking, honest, GSOH, seeks romantic, honest, reliable white guy for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 335750**

ATTRACTIVE widow, 61, size 14, caring, Christian, N/S, likes walks, coast, cinema, theatre, seeks committed Christian male with similar interests for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 336116**

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0871 434 4131
Or email our support team at:
Support@jmediauk.co.uk

50YR old black female, divorced, genuine, soft spoken, seeks caring male, 45-50 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 330698**

JOSIE 55, single mum, 5ft 4ins, smoker, brown hair/eyes, likes music, nights in/out, seeks similar aged male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 327560**

YOUNG 60's female, blonde hair, blue eyes, 5ft 6ins, medium build, warm, loving, GSOH, N/S, seeks sincere, loving male, 50-60's for friendship/relationship. **Tel No: 0911 374 0222 Box No: 327532**

BUBBLY young 47yr old attractive single mum, Mediterranean looking, seeks sincere, loving, handsome male for friendship maybe more. **Tel No: 0911 374 0222 Box No: 325698**

CARING honest, sincere, romantic 43yr old lady, GSOH, 5ft 6ins, blonde hair, attractive, brown eyes, size 16, seeks similar male for LTR. **Tel No: 0911 374 0222 Box No: 307612**

HONEST sincere, romantic 43yr old female, GSOH, attractive, 5ft 6ins, blonde hair, size 16, seeks similar male for LTR. **Tel No: 0911 374 0222 Box No: 307180**

PISCES mum, 39, wants sweet, chilled, funny Nirvana angel as a good friend, lover, soul mate and father figure. **Tel No: 0911 374 0222 Box No: 325410**

WIDOW late 60's, 5ft 5ins, slim, fit, romantic, tactile, loving, likes theatre, walks, countryside, wildlife, rugby, seeks loving man for genuine relationship. **Tel No: 0911 374 0222 Box No: 325306**

ATTRACTIVE female, black origin, tall, genuine, fun, seeks male, 38-55 for love and friendship. **Tel No: 0911 374 0222 Box No: 322144**

58YR old female, passionate, spiritual, compassionate, likes music, nature, sun, sea, seeks gent, similar age for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 334636**

BLACK lady, seeks male, any age for romance. **Tel No: 0911 374 0222 Box No: 263846**

GOOD conversation, laughter and sharing. Curvy 42yr old seeks gentleman who is intelligent and enjoys a wine with friends. **Tel No: 0911 374 0222 Box No: 334442**

SINGLE mum, 38, 5ft 8ins, smoker, GSOH likes tattoos, seeks male, 39-45 for LTR. **Tel No: 0911 374 0222 Box No: 311450**

51YR old female, disillusioned, seeks kind, considerate gent to restore faith in men. **Tel No: 0911 374 0222 Box No: 332148**

WIDOW young looking/feeling 72, GSOH, loves gardening, walking, meals in/out, easy to please, seeks genuine male. **Tel No: 0911 374 0222 Box No: 328388**

FEMALE 53, 5ft 6ins, short dark hair, hazel eyes, nice figure, likes dancing, pubs, clubs, seaside, seeks male, 49-53 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 321296**

HONEST caring, attractive female, 37, black, 5ft 2ins, likes nights in/out, seeks similar male, 37-45 for LTR. **Tel No: 0911 374 0222 Box No: 320296**

SINCERE female, attractive, young 60's, N/S, GSOH, varied interests, seeks similar gent, 50-60's for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306952**

MELANIE 44, single mum, easy-going, likes meals out, walks, cinema, bowling, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 318410**

MAY 60, one careful owner, likes walks, TV, music, cooking, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 315816**

LADY likes meals out, walks, swimming, seeks male, 40 plus for fun and friendship. **Tel No: 0911 374 0222 Box No: 314406**

FEMALE late 40's, slim, brown eyes, 5ft 5ins, seeks fun loving, slim gent with GSOH, full head of hair for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 312602**

61YR old female, 5ft 6ins, medium build, dark hair, likes music, dancing, reading, cinema, theatre, seeks gent, 58-64 for friendship. **Tel No: 0911 374 0222 Box No: 312584**

ATTRACTIVE female, 62, likes dancing, cinema, pubs, meals out, seeks loving, caring, sharing, honest male to share life with. **Tel No: 0911 374 0222 Box No: 311646**

38YR old fun loving Leo, likes meals out, cinema, travel, walks, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 310774**

TALL attractive, caring female, GSOH, seeks tall, medium-large build male, 40-50 with GSOH to share good times. **Tel No: 0911 374 0222 Box No: 309890**

ATTRACTIVE 69yr old widow, 5ft 5ins, plump, attractive, well spoken, likes most things, seeks male for companionship. **Tel No: 0911 374 0222 Box No: 309882**

37YR old female, 5ft 2ins, single mum, seeks special male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 313454**

FEMALE 54, GSOH kind and fun, WLTM male 50-60 for company, conversation, fun and possible LTR. **Tel No: 0911 374 0222 Box No: 313444**

PROFESSIONAL attractive female, likes dancing, clubs, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306568**

40YR old nice lady, N/S, GSOH, likes pubs, meals out, seeks genuine, kind, caring male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 309610**

HERTFORDSHIRE lady, 60, good company, good dress sense, good looking, car owner, seeks slim male with car to share life's pleasures. **Tel No: 0911 374 0222 Box No: 305733**

CAROLE 48, slim, petite, likes meals out, cinema, DVDs, days out, seeks male,45-55 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 309392**

47YR old petite female, smoker, likes reading, walks, animals, seeks male, 42-55 to share life with. **Tel No: 0911 374 0222 Box No: 305968**

PROFESSIONAL lady, 59, likes music, reading, walks, meals out, seeks nice, loving, N/S male for LTR. **Tel No: 0911 374 0222 Box No: 308434**

single men

LOOKING to **MEET** or CHAT to someone, look no further. Call **0906 966 1431** or text **DATE262** to **88300**

RETIRED male, 5ft 10ins, smart, well dressed, N/S, seeks lady for relationship. **Tel No: 0911 374 0222 Box No: 350270**

MALE 38, 6ft, N/S, likes nights in/out, seeks female, similar age for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306853**

KIND caring, genuine male, 23, GSOH, large build, 5ft 11ins, likes movies, meals out, seeks warm, honest female, 18-23 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306847**

WARM caring, loyal, honest, professional male, 46, 6ft 1ins, fair hair, blue eyes, OHAC, likes sports, socialising, travel, dining, seeks slim female with similar characteristics. **Tel No: 0911 374 0222 Box No: 306413**

MALE 43, slim, fit, GSOH, likes music, travel, cooking, meals out, seeks female for fun and friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306827**

WARM caring, hardworking male, 51, likes culture, holidays, bands, seeks 40 plus independent female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306825**

MARK seeks female to work out with. **Tel No: 0911 374 0222 Box No: 350026**

JOHN 48, happy go lucky, loves picnics, Humphrey Bogart films, looking to share some giggles. **Tel No: 0911 374 0222 Box No: 349654**

STEVE 40, single dad, hardworking, GSOH, seeks female for good times, maybe more. **Tel No: 0911 374 0222 Box No: 306765**

39YR old male, seeks attractive, slim, fun loving female with GSOH. **Tel No: 0911 374 0222 Box No: 306945**

MALE 53, too old for disco, too young for bowls, 5ft 8ins, slim, tactile, Libran, GSOH, OHAC, smoker, seeks female for friendship, maybe relationship. **Tel No: 0911 374 0222 Box No: 306907**

OUTGOING 36yr old male, GSOH, honest, reliable, likes films, books, sports, seeks female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306933**

WIDOWER 62, 5ft 10ins, medium build, sincere, trustworthy, likes travel, meals out, reading, seeks sincere lady for friendship, outings and travel. **Tel No: 0911 374 0222 Box No: 341882**

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BARRY 64, widower, N/S, seeks female of similar age and circumstances for genuine companionship. **Tel No: 0911 374 0222 Box No: 340454**

FRIENDLY tall, medium build male, 44, fair hair, blue eyes, likes pubs, clubs, theatre, meals out, sports, music, seeks sincere lady for relationship. **Tel No: 0911 374 0222 Box No: 305751**

61YR old solicitor, semi retired, smoker with discretion, seeks lady companion. **Tel No: 0911 374 0222 Box No: 333818**

HONEST divorced dad, medium build, likes pubs, meals out, seeks curvy female for fun and friendship. **Tel No: 0911 374 0222 Box No: 345178**

MALE 62, loving, caring, slim, divorced, partially sighted, likes socialising, football, travel, seeks slim lady for companionship and LTR. **Tel No: 0911 374 0222 Box No: 347440**

28YR old male, honest, caring, GSOH, likes nights in/out, seeks similar female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 347024**

TALL male, 43, OHAC, no ties, likes countryside, meals out, nights in, seeks similar female. **Tel No: 0911 374 0222 Box No: 346626**

MALE 6ft 6ins, slim, fit, late 40's, seeks 50 plus cuddly lady for good times and romance. **Tel No: 0911 374 0222 Box No: 346580**

TALL slim, romantic, honest guy, 39, seeks genuine female, 30-40. **Tel No: 0911 374 0222 Box No: 331702**

ROBINSON Crusoe male, 49, seeks his girl Friday to share laughs, cuddles, socialising and companionship. **Tel No: 0911 374 0222 Box No: 346502**

41YR old divorced male, honest, kind, caring, considerate, reliable, seeks similar female for friendship, possible relationship. **Tel No: 0911 374 0222 Box No: 346098**

MALE 5ft 9ins, medium build, likes travel, meals out, seeks mature female for fun and friendship, maybe more. **Tel No: 0911 374 0222 Box No: 345564**

PRIMA Donna sought by slim, attractive, professional male, 49. Can your sharp tongue bring this Narcissus to heal? **Tel No: 0911 374 0222 Box No: 345502**

MALE 38, seeks honest, loyal, warm-hearted female, 30-42 for friendship and love. **Tel No: 0911 374 0222 Box No: 345192**

WARM single, solvent, N/S, graduate, 48, enjoys walking, travel, food, music seeks similar intelligent female for fun and relationship. **Tel No: 0911 374 0222 Box No: 331664**

DAVID creative, passionate, adventurous, educated, intelligent, argumentative, affectionate, seeks companionship and true love. **Tel No: 0911 374 0222 Box No: 348162**

GENUINE male, 34, young, honest, caring, slim, athletic, seeks female, 24-36 for honest, loving, tender relationship. **Tel No: 0911 374 0222 Box No: 342510**

39YR old male, honest, kind, caring, GSOH, reliable, seeks similar female for friendship, possible relationship. **Tel No: 0911 374 0222 Box No: 347562**

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JACK 58, 5ft 10ins, divorced, grey hair, green eyes, solvent, likes socialising, DIY, quad racing, seeks attractive, presentable female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 342226**

HEADING South but still glamorous? Creative pagan male, 49, seeks crazy, old hippy lady, 50 plus for alternative fun. **Tel No: 0911 374 0222 Box No: 347376**

ENGLISH man, 62, loving, caring, divorced, bad eyes, likes travel, socialising, seeks slim female for companionship, possible LTR. **Tel No: 0911 374 0222 Box No: 343920**

friends-gay

IF YOU'RE looking to meet or chat to other men, look no further. Call **0906 781 0244** or **TXT GAY262** to **80080**

BI male, 58, seeks muscular guy for fun. **Tel No: 0911 374 0222 Box No: 349764**

GAY male, 33, seeks chubby, hairy male, 40 plus for fun, friendship and possible relationship. **Tel No: 0911 374 0222 Box No: 268550**

EARLY 40's bi-male, seeks male, 25-55 for fun and friendship. **Tel No: 0911 374 0222 Box No: 306803**

DAVID early 60's, 5ft 10ins, stocky, seeks bi male for fun and friendship. **Tel No: 0911 374 0222 Box No: 305853**

BOB caring, honest, likes music, photography, cinema, theatre, nights out, cooking, meals out, seeks male/female. **Tel No: 0911 374 0222 Box No: 306909**

adult interests

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MK TAKEAWAYS

YOUR WEEKLY GUIDE TO THE BEST TAKEAWAYS IN MILTON KEYNES

CARIBBEAN DISH

Eat in/Takeaway
Free Home Delivery
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All Food cooked with authentic recipes to achieve the real taste of Caribbean)
5 Oliver Road MK2 2SF

Beverages

Drink Can	80p
(p.apple,black grape, cola champagne, fruit punch)	
Ginger Beer	80p
Maurby	80p
Supermalt	£1
Irish Moss	£2
Caribbean Punch	£1.50

Side Dishes

Rice & Peas	£2
Boiled Rice	£1.50
Coleslaw	80p
Salad	80p
Cabbage & Callaloo	80p
Hard Food (Yam, sweet potato, green banana & boiled dumpling)	£2

Meals

	Sml	Lrg
Curry Chicken	£5	£7
Pork Meal	£5	£7
Curried Goat	£5	£7
Brown Stew Chick	£5	£7
Oxtail Meal	£5	£7
Fish Meal	£4.50	£6
Ackee& Salt fish	£5	£6

Appetisers

Patties (all types)	£1.20
Roti (choice of filling)	£3.50
Fried Dumpling	50p
Fried Plantain	£1
Salt Fish	£1
Fried Chicken	£1.20
Jerk Chicken	£3.50
Burger	£1.80
Cheese Burger	£2
Chicken Burger	£1.80
Chicken Nuggets	£1.50
Chips	£1

Desserts

Banana Cake, Ginger Cake, Cherry Cake, Cocounut Cake, Carrott Cake
All Only £1
Banana & Boiled Dumpling £2
Banana Fritter 80p

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TANDOORI CHICKEN (1 piece)	£2.95
CHCIKEN TIKKA OR LAMB TIKKA	£2.95
KING PRAWN PUREE	£4.25
ONION BHAJI (2 in a portion)	£1.95
LAMB CHOP	£2.95

MASSALA DISHES

CHICKEN OR LAMB TIKKA MASSALA	£6.50
DUCK TIKKA MASSALA	£7.95
PANEER TIKKA MASSALA	£5.50

CONTEMPORARY DISHES

SPECIAL GARLIC CHILLI CHICKEN	£6.95
CHICKEN OR LAMB JALFREZI	£6.95
SPECIAL MURG MASSALA	£6.95
DUCK MAZADAR	£9.95

BALTI SPECIALITIES

BALTI CHICKEN OR LAMB BHUNA	£7.95
BALTI CHICKEN TIKKA JALFREZI	£7.95
BALTI CHICKEN TIKKA GARLIC	£7.95
BALTI PRAWN	£7.95
BALTI MIX DELIGHT	£9.95

TRADITIONAL DISHES

	Chk	Lamb	Prawn	K.P	Veg
Curry (Medium)	4.00	4.50	4.60	6.50	3.95
Vindaloo (Hot)	4.25	4.60	4.70	6.60	4.15
Kashmir (Lychees)	4.50	4.60	5.20	6.85	4.15
Korma (Mild)	4.50	4.60	5.20	6.85	4.15
Dupiaza (Medium)	4.50	4.60	5.20	6.85	4.15
Rogan (Medium)	4.50	4.60	5.20	7.15	4.15
Malaya (Pineapple)	4.50	4.60	5.20	6.85	4.15

All above dishes can be prepared with chicken or lamb tikka for £1.50 extra

BIRIANY DISHES

These dishes are stir fired with basmati rice, garnished with cucumber, tomato & Sliced lemon
Served with Vegetaibe Curry

Special Mix Biriany (Chicken, lamb, prawn)	£9.95
Chicken Tikka Chilli Biriany (Fairly Hot)	£8.95
Chicken or Lamb Biriany	£6.95
Prawn Biriany	£7.95
Vegetable Biriany	£5.50

PERSIAN DISHES

Sweet, sout & Hot, cooked wh lentils in thick sauce
Served with Pilis Rice

Chicken or Lamb Dhansak	£6.75
Prawn Dhansak	£7.50
Vegetable Dhansak	£5.50
Chicken or Lamb Pathia	£6.75
Prawn Pathia	£7.50

FISH SPECIALITIES

Garlic Fish Bhuna	£8.50
Fish Massala	£8.50

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Chicken or Lamb Tikka	£2.20
2 Sheek Kebab	£2.20

VEGETABLE DISHES

Vegetable Curry	£2.00
Saag Aloo	£2.00
Tarka Daal	£2.00
Bombay Aloo	£3.50

CURRY'S

Main Chefz Dishes

Curry Dishes – Chicken or Lamb	£4.00
Korma Dishes – Chicken or Lamb	£4.00
Karahi Dishes – Chicken or Lamb	£4.00
Achari Dishes – Chicken or Lamb	£4.00
Chicken or Lamb Jalfrezi	£4.00
Madras Dishes	£4.00
Vindaloo Dishes	£4.00

BIRYANIS

Chicken or Lamb Biryani	£4.50

CHEFZ SPECIALS

Chicken Tikka Masala	£4.00
Garlic Chilli Chicken	£4.00
Rhogan Josh	£4.00

BASMATI RICE AND NAAN BREAD

Pilau Rice	£2.60
Shada Rice	£2.50
Naan	£1.50
Keema Naan Bread	£1.80
Chilli Naan Bread	£1.50
Garlic Naan Bread	£1.70
Tandoori Roti	£0.60

ACCOMPANIMENTS

Chutneys	£0.60
Mixed Green Salad	£1.50
Raitha (cucumber or mixed)	£1.60

DESERTS

Apple Pie	90p
Fudge Cake	£1.60
Strawberry Cheesecake	£1.50
Chocolate Pudding & Custard	£1.60
Haagen Daaz 100ml/500ml	£1.70/£4.50

THIS WEEK ONLY ANY CURRY £4

Pan Pizza Company

حلال

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Free 1.5 ltr soft drink on orders over £16

PIZZAS

	10" Deep Pan	12" Deep Pan	16" Deep Pan
Margarita-Cheese & Tomato	£7.50	£9.50	£13.95
Hawaiian-Cheese, Tomato, Ham, Mushrooms & Pineapple Pepperoni-Cheese, Tomato & Pepperoni Vegetarian-Cheese, Tomato, Mushrooms, Olives,Onion,Sweetcorn, Peppers & Pineapple Seafood-Cheese,Tomato,Tuna, Prawns & Anchovies	£9.50	£11.50	£15.95
Chicken Kiev Pizza-Cheese, Tomato,Mushrooms, Chicken & Garlic Butter Bolognese-Cheese, Tomato,Bolognese, Onion, Peppers Hot & Spicy-Cheese, Tomato, Pepperoni, Spicy Beef,Chilli,Onion & Peppers Meat Feast-Cheese, Tomato,Pepperoni, Spicy Beef,Salami,Chicken & Ham Chicken Tikka-Cheese, Tomato, Chicken Tikka & Peppers Kebab Pizza-Cheese, Tomato, Doner Kebab & Peppers	£11.50	£12.95	£17.95

Create Your Own Pizza Extra Toppings: 75p 95p £1.15

MEGA GRILL PACK
LARGE DONNER KEBAB, LARGE SHISH & CHICKEN KEBAB, 4 X PITTA BREADS & 2 FRIES, 2 SAUCES & COLESLAW, 1.5 LT BOTTLE OF POP
£14.95

GRILL PACK
LARGE DONER KEBAB, SHISH KEBAB, CHICKEN KEBAB, 3X PITTA BREAD, COLESLAW, FRESH SALAD
£10.95

MEGA PIZZA PACK
16" PIZZA OF CHOICE, GARLIC BREAD, ONION RINGS,COLESLAW, 1.5 LT BOTTLE OF POP
£14.95

PIZZA PACK
12" PIZZA OF CHOICE, GARLIC BREAD, COLESLAW, 1.5 LT BOTTLE OF POP
£10.95

Opening Times: Friday & Saturday 4.30pm to 2.30am, Sunday - Thursday 4.30pm to Midnight

Garlic Bread	£2.00
Garlic Bread & Cheese	£2.50
Doner Kebab	£4.20
Shish Kebab	£4.95
Chicken Kebab	£4.95
House Special Kebab	£5.95

	1/4lb	1/2lb
Beefburger & Chips	£3.20	£3.80
Cheeseburger & Chips	£3.40	£4.20
Veggie Burger & Chips	£3.20	£3.80
Chicken Burger & Chips		£3.50
Fresh Salad		£1.50

BBQ Ribs	£3.50
Meat & Chips	£3.50
Chicken & Chips	£3.20
Chicken Nuggets & Chips	£3.50
Garlic Mushrooms & Dips	£2.00
French Fries	£1.00
Onion Rings	£1.30
Ice Cream 500ml	£3.95
Can of Drink	£0.55
Bottle of Drink	£1.60

MK 320 770
FREE DELIVERY TO MOST MK AREAS
SORRY NO CHEQUES ACCEPTED (MINIMUM ORDER £7.00)

VENICE PIZZA

حلال

The Pizza Experts

	med 10"	large 12"	super 16"
MARGHERITA Cheese & tomato	£8.00	£10.00	£14.00
ALL TIME CLASSIC Ham* & Mushroom	£9.00	£11.00	£15.00
HAWAIIAN DREAM Ham* & Pineapple	£9.00	£11.00	£15.00
OLDE ENGLISH Bacon & sausage	£9.50	£11.50	£14.50
ALL DAY BREAKFAST Ham* sausage & onion	£9.00	£11.00	£15.00
BEEFEATER spicy beef, mushroom & onion	£11.00	£13.00	£17.00
MEDITERRANEAN Tuna, prawns, fresh tomato, anchovies	£11.00	£13.00	£17.00
PEPPERONI PRAIRIE double pepperoni	£11.00	£13.00	£17.00
WILD WEST BBQ BBQ sauce, BBQ chicken, onion, peppers	£11.00	£13.00	£17.00
MEAT EATER pepperoni, spicy beef, ham* chicken, salami	£11.00	£13.00	£17.00
NEW YORKER salami, pepperoni, sausage, spicy beef	£11.00	£13.00	£17.00
VEGETARIAN mushroom, onion, peppers, sweetcorn, fresh tomato	£11.00	£13.00	£17.00
VEGI FANTASTIC fresh garlic, onion, olives, peppers, aubergine, herbs	£11.00	£13.00	£17.00
ORIENTAL chinese chicken, pineapple, peppers	£11.00	£13.00	£17.00
CHICKEN TIKKA tandoori chicken, mushroom, peppers, sweetcorn	£11.00	£13.00	£17.00
CALZONE ROLLED PIZZA spicy beef, sausage, ham*, mushroom	£11.00	£13.00	£17.00
VENICE SPECIAL pepperoni spicy beef, ham* mushroom, onion, peppers, sweetcorn	£11.00	£13.00	£17.00
AMERICAN HOT pepperoni, onion, chillies, peppers	£10.00	£12.00	£16.00
VEGI MAX HOT mushroom, onion, peppers, jalapenos, sweetcorn	£10.00	£12.00	£16.00
CHICKEN HOT tandoori chicken, mushroom, chilies, peppers	£10.00	£12.00	£16.00

Food rating from MK Council ★★★★

Buy One 16" Get Two 10" FREE upto same value
Buy One Get One FREE upto same value
FREE 1.5 Litre Soft Drink with every order over £16

Side Orders

Garlic Bread (4 pieces)	£1.75
Onion Rings (10 pieces)	£1.80
Garlic Mushrooms & Dip	£2.80
Potato Skins (5 pieces)	£3.00
Potato Wedges	£2.60
French Fries	£1.20

01908 223322

Open 4.30pm 'till late, free delivery most areas in MK
Minimum order £6.95
AA664928

Mister Chef

Indian Takeway & Balti Cusine

Spice up your night with quality food at rock bottom prices.

FREE HOME DELIVERY
(On orders over £7 within 3 miles of Bleak Hall minimum order £17 for Stony Stratford & Newport Pagnell)

Special Offer 1
Order over £12.50
RECEIVE FREE
2 Chicken Tikka (st) or
2 Onion bhajee (st) 1 Bombay
Potato, Mint Sauce & Onion Salad

Special Offer 2
Order 2 Balti Dishes
RECEIVE FREE
2 Papadoms, 2 Chicken Tikka (st) or 2 Onion Bhajee (st) 2 Bombay Potato, 2 Pilau Rice, 2 Nan, 2 Soft Drink, Mint Sauce & Onion Salad
(offer avaliable until 31 December 08)

Starters

Onion Bhajee	£2.05
Garlic Mushroom	£2.35
Chicken Tikka Roll	£2.50
Prawn Puree	£2.95
Veg Samosa	£2.05

Tandoori Specialities

Chicken Tikka	£5.15
Chicken Shashlick	£7.15
Tandoori Chicken 1/2	£4.15

Traditional Dishes

	Chk	Meat	Prawn
Korma	£4.15	£4.15	£4.70
Rogan	£4.15	£4.15	£4.70
Bhoona	£4.15	£4.15	£4.70
Pathia	£4.15	£4.15	£4.70
Vindaloo	£4.15	£4.15	£4.70
Dansak	£4.15	£4.15	£4.70

Tikka Special Curry Dishes

Chicken or Lamb Tikka Korma	£6.55
Chicken or Lamb Tikka Curry	£6.45
Chicken or Lamb Tikka Methi	£6.55
Chicken or Lamb Tikka Sana	£6.55

Chef's Recommendation

Tikka Chicken or Lamb Palak	£5.55
Tikka Chicken or Lamb Chicken	£5.55
Tikka Chicken or Lamb Donia	£5.55
Tandoori Chicken Somsom	£5.55

Balti Dishes

Balti Prawn Phall	£9.95
Balti Chicken Curry	£7.50
Balti Mixed Veg Bhajee	£8.50
Balti Tandoori Chicken (on the bone)	£7.50

Set MEALS

1 Person £7.50
1 Chicken Tikka (st), 1 Chicken Tikka Massala, 1 Bombay Potato, Pilau Rice, 1 Popadom.

2 Person £14.50
2 Onion Bhajee, 1 Chicken Korma, 1 Meat Rogan, 1 Mushroom Bhajee, 2 Pilau Rice, 1 Nan, 2 Popadoms, 1 Mango Chutney.

4 Persons £29.50
4 Chicken Tikka (st), 1 Chicken Rogan, 1 Meat Dupiaza, 1 Chicken Tikka Massala, 1 Prawn Sag, 1 Vegetable Curry, 1 Mushroom Bhajee, 4 Pilau Rice, 4 Nan, 4 Popadoms.

Phone 01908 677551 or 677221

VISA MasterCard SWITCH DELTA

★★★★ Good Food Hygiene Award

Open Six Days 5pm-11pm
Closed Tuesday
See us online at www.118menu.com/misterchef

The management reserves the right to withdraw or ammend any offer at anypoint. No collection dicount or special offer applies to set meals.

PAPS DELIVERY

01908 260 777

CURRY DEAL
ANY CURRY PLAIN OR PILAU RICE PLAIN NAAN, CAN OF DRINK
£6.00

PIZZA DEAL
ANY 2 LARGE PIZZAS, 2 LARGE CHIPS AND A BOTTLE OF DRINK
£14

PAPS PIZZA FAMILY FEAST
ANY 2 LARGE PIZZAS, 2 LARGE CHIPS, ANY SIDE ORDER AND A BOTTLE OF DRINK
£15

CHICKEN DEAL 1
6 PIECES OF CHICKEN, 4 CHIPS
£8

CHICKEN DEAL 2
8 PIECES OF CHICKEN, 4 CHIPS 4 CHIPS, 2 APPLE PIES AND A BOTTLE OF DRINK
£12

CHICKEN DEAL 3
4 PIECES OF CHICKEN, ANY 2 MEDIUM PIZZA, 2 CHIPS AND BOTTLE OF DRINK
£15

BURGER DEAL
CHICKEN BURGER OR QUARTERPOUNDER, CHIPS, CAN OF DRINK AND 2 DIPS
£3.00

PAPS KIDS MEAL
4 CHICKEN NUGGETS OR 1 PIECE CHICKEN, CHIPS, APPLE PIE AND CAN OF DRINK
£2.50

We also do Kebabs, Pizza's, jackets and much more please ring for details

FAST FREE HOME DELIVERY

DELIVERY TIMES:
MON-THURS 5PM-MIDNIGHT
FRIDAY 4PM-TIL 1AM
SAT-SUN OPEN ALL DAY 1PM-1AM

Minimum order £10.00 (limited delivery area)

VISA MasterCard Maestro Cirrus

above cards accepted. minimum order £10

MK TAKEAWAYS

YOUR WEEKLY GUIDE TO THE BEST TAKEAWAYS IN MILTON KEYNES

PAPA LUIGI Dial-a-Pizza! EST'83

PICK 'n' MIX PIZZA!

FREE DELIVERY TO ALL MILTON KEYNES AREAS BASED ON A MINIMUM FOOD ORDER OF £7.00

Tomato, Cheese, Tuna, Prawn, Anchovies, Chicken, Beef, Sausage, Bacon, Pineapple, Ham, Salami, Pepperoni, Chicken Tikka, Olives, Mushrooms, Corn, Onions, Pepper, Garlic, Jalepeno, BBQ Sauces	9" STANDARD	12" STANDARD	12" DEEP PAN MEGA	EXTRA LG 15" STANDARD
CHEESE & TOMATO BAS plus ANY 2 DIFFERENT TOPPINGS	9.50	10.50	12.00	15.00
CHEESE & TOMATO BAS plus ANY 4 DIFFERENT TOPPINGS (ADDITIONAL TOPPINGS £1)	9.80	11.00	13.00	16.00
CHEESE & TOMATO BAS plus ANY 8 DIFFERENT TOPPINGS	10.30	12.00	14.00	17.00

MEAL DEALS

Chicken Burger & Chips	3.95
1/2 Pound Beefburger & Chips	3.95
2 Pieces Chicken & Chips	3.50
3 Pieces Chicken & Chips	4.50
4 Pieces Chicken & Chips	5.50
Extra Piece of Chicken	1.00
Steak (8oz Sirloin) with Chips, Mushrooms & Salad	9.00
Large Doner Kebab	4.50
Small Doner Kebab	3.50

PIZZA MENU

(ADDITIONAL TOPPINGS £1)

Tomato, Cheese, Tuna, Prawn, Anchovies, Chicken, Beef, Sausage, Bacon, Pineapple, Ham, Salami, Pepperoni, Chicken Tikka, Olives, Mushrooms, Corn, Onions, Pepper, Garlic, Jalepeno, BBQ Sauces	9" Standard	12" Standard	12" Deep Pan Mega	Extra Lg 15" Standard
1. PAPA LUIGI SPECIAL	9.80	11.00	13.00	16.00
2. MILANESE Tomato, Cheese, Ham, Mushrooms	9.50	10.50	12.00	15.00
3. HAWAIIAN Tomato, Cheese, Ham, Pineapple	9.50	10.50	12.00	15.00
4. HOT & SPICY Tomato, Cheese, Peppers, Jalepeno, Salami, Garlic	9.80	11.00	13.00	16.00
5. VEGI SPECIAL Tomato, Cheese, Peppers, Corn, Mushrooms, Pineapple, Olives, Onion	9.80	11.00	13.00	16.00
6. PESTATORE Tomato, Cheese, Tuna, Prawns, Anchovies	9.80	11.00	13.00	16.00
7. NEW YORKER Tomato, Cheese, Onion, Salami, Beef, Chicken Tikka, Onions, Pepper	10.30	12.00	14.00	17.00
8. MIGHTY MEATY Tomato, Cheese, Salami, Beef, Chicken, Ham, Bacon, Sausage	10.30	12.00	14.00	17.00
9. CHICKEN TIKKA MASSALA Tomato, Cheese, Chicken Tikka, Onions, Pepper	10.30	12.00	14.00	17.00
10. MEAT LOVERS Tomato, Cheese, Double Salami, double Pepperoni, Double Ham, Double Beef	12.00	14.00	16.00	19.00
11. BBQ BONANZA Cheese, BBQ Sauce, Red Onion, Spicy Beef, Sausage	9.80	11.00	13.00	16.00
12. TEXAN BBQ Tomato, Cheese, Onion, Peppers, BBQ Chicken, Bacon	9.80	11.00	13.00	16.00
13. PEPPERONI FEAST Double Mozzarella, Double Pepperoni	9.80	11.00	13.00	16.00

NEW

SIDE ORDERS

French Fries	1.20
Coleslaw	1.40
Garlic Bread	1.50
Garlic Bread with Mozzarella Topping	2.50
Prawn Cocktail	2.70
Garlic Mushrooms	1.70
Salad	1.50
Chicken Dippers (6pcs)	3.00
Combo Chicken Dipper (6pcs) Potato Wedges & 3 Dips	4.90
Potato Wedges	2.00
Dips 2 Potato Skins filled with Mozzarella & BBQ Dip	0.35
BBQ Chicken Wings (6pcs) & Dip	3.50
Hot Chicken Wings (6pcs) & Dip	3.50
Onion Rings (10pcs)	2.00
BBQ Spare Ribs	4.50

DESSERTS

Cheesecake	1.50
Gateaux	1.50
Ice Cream Ben & Jerry's ask for flavours	3.95
Chocolate Fudge Cake	1.50

DRINKS

Coke/Diet Coke Pepsi Orange Fanta	1.95
Coke/Orange/Lemonade cans	0.60

*BUY ONE - GET ONE FREE!

NOTE: No other discounts apply with this promotion & prices are subject to change without notice BUY ONE PIZZA & GET ONE PIZZA (of same value) FREE

Delivered to your door! Milton Keynes 01908 313355 Sun to Thurs 11.30am - 12.30am Fri to Sat 11.30am - 2.30am

TASTY PIZZA & TASTY CHICKEN

HALAL

Free Delivery minimum order £9 within a 14 mile radius

Opening Times: Sun - Thurs 11:30am - 12 midnight Friday - Sat 11:00am - 1am

112 Queensway Bletchley MK2 2RU

PIZZA MENU

BUY 1 GET 1 FREE	10"	12"	15"
1 CHEESE & TOMATO	8.90	10.90	12.90
2 HAWAIIAN Pineapple & Turkey	9.50	12.50	15.50
3 PEPPERONI FEAST Onion, Muchrooms & Pepperoni	9.50	12.50	15.50
4 OCEAN FEAST Tuna, Prawns, Anchovies & Tomatos	9.50	12.50	15.50
5 CHICKEN FEAST BBQ Sauce, Plain Chicken, Mushrooms & Peppers	9.50	12.50	15.50
6 AMERICANA Onion, Pepperoni, Beef, Green Chillies & Peppers	9.50	12.50	15.50
7 MEXICANA Chicken Tikka, Jalepenos, Peppers, & Pineapple	9.50	12.50	15.50
8 TASTY VEGGIE Onion, Mushroom, Sweetcorn, Peppers, Olives & Tomatos	9.50	12.50	15.50
9 MEAT FEAST Beef, Pepperoni, Turkey & Chicken Tikka	9.50	12.50	15.50
10 TASTY SPECIAL Onion, Chiken, Green Chillies, Peppers & Tomatoes	10.00	13.00	16.00
11 TASTY FULL HOUSE Beef, Pepperoni, Peppers, Sweetcorn, Onion & Turkey	10.50	13.50	16.50
12 FREE CHOICE Choose 4 Toppings - Choose a Base from Tomato, BBQ, Garlic Mayo & Chilli	10.50	13.50	16.50
13 DONER PIZZA Doner Meat, Onions & Jalepenos	9.50	12.50	16.00

KEBABS

	MEDIUM	LARGE
Served with Pitta Bread		
CHICKEN TIKKA KEBAB	3.10	4.20
LAMB TIKKA KEBAB	3.30	4.20
DONNA KEBAB	3.00	3.80
MIXED KEBAB		4.50
DONNA IN A BUN		2.50
CHICKEN TIKKA Served with fresh naan	4.20	4.90
LAMB TIKKA Served with fresh naan	4.20	4.90
LAMB DONNER Served with fresh naan	4.50	5.00
SEEK KEBAB Served with fresh naan	3.50	4.00
MIXED CHICKEN & LAMB Served with fresh naan	--	5.00
CHICKEN DONNA Served with fresh naan	4.50	--

BURGERS

VEGGIE BURGER	2.50
SPICY BEAN BURGER	2.50
FISH BURGER	2.50
CHICKEN FILLET BURGER	2.50
1/4 POUNDER BURGER	2.50
WITH EGG	+0.40
1/2 POUNDER BURGER	3.50

SIDE ORDERS

JALAPENO CREAM CHEESE 6 Pieces	3.50
BREADED MOZZARELLA STICKS 8 Pieces	3.95
GARLIC BREAD 2 Sticks	1.70
GARLIC BREAD WITH CHEESE 2 Sticks	2.20
POTATO WEDGES 1 Portion	2.95
POTATO TWISTER 1 Portion	2.95
BBQ WINGS 8 Pieces	3.95

PASTA

SPAGHETTI BOLOGNESE Served with Garlic Bread	£3.95
MEAT LASAGNE Served with Garlic Bread	£3.95
VEGGIE LASAGNE Served with Garlic Bread	£3.95

TOPPINGS

EXTRA TOPPINGS: Onion, Muchroom, Sweetcorn, Green Chilli, Jalepeno, Pineapple, Tomato, Chicken Tikka, Plain Chicken, Pepperoni, Beef, Tuna, Anchovies & Prawns.

	10"	12"	15"
EXTRA TOPPINGS	0.70	0.90	1.00
STUFFED CRUST	0.90	1.20	1.90
CHEESE PEPPERONI CRUST	1.00	1.30	2.00

EXTRAS

NAAN BREAD	1.10
PITTA BREAD	0.50
FREASH SALAD	1.00
COLESLAW	1.00

PARTY DEAL 2 x Lg pizzas, garlic bread, chicken wings & potato wedges + bottle of drink £19.99

DESSERTS

TOFFEE TENNESSEE PIE	1.95
BANOFFEE PIE	1.95
STRAWBERRY CHEESE CAKE	1.95
HAAGEN DAZS Choc Chip, Vanilla, Coookes & Cream, Strawberry Cheesecake	4.00

MK 367768 BUY 1 GET 1 FREE (PIZZAS ONLY)

Buy 1 Get 1 Free! (collection only. please mention offer).

Vegetarian

Cheese & Tomato	£6.95	£8.95	£9.95
Vegetarian Hot Mushrooms, Onions, Green Peppers	£8.95	£11.95	£13.95
Vegetarian Mushrooms, Onions, Green Peppers & Sweetcorn	£8.95	£11.95	£13.95
Spinocolli Mushrooms, Onions, Broccoli, Spinach, Fresh Garlic	£8.95	£11.95	£13.95

Traditional

Hawaiian Ham & Pineapple	£7.95	£10.35	£12.95
Ham & Mushroom	£7.95	£10.35	£12.95
Beef One Ground Beef, Onions & Mushrooms	£8.95	£11.45	£13.95
Chinese Chinese Chicken, Mushrooms & Sweetcorn	£8.95	£11.45	£13.95
Classic Bacon, Mushrooms & Fresh Tomato	£8.95	£11.45	£13.95

Hot Stuff

American Hot Peppers, Onions, Chillies, Green Peppers	£8.95	£11.95	£13.95
Chicken Hot Tandoori Chicken, Green Chillies, Fresh Tomato, Mushrooms	£8.95	£11.95	£13.95
Mexican Passion Mexican Chicken, Red Peppers, Pineapple & Jalapeno Peppers	£8.95	£11.95	£13.95
Mexicana Spicy Beef, Onions, Sliced Tomato & Green Chillies	£8.95	£11.95	£13.95
Hot Tator Ground Beef, Onion, Green Peppers & Jalapeno Peppers	£8.95	£11.95	£13.95

Family Favourites

Pepperoni Plus, Double Pepperoni, Mushrooms & Onions	£8.95	£11.95	£13.95
BBQ Original Chicken, Green Peppers, Fried Onion & Special BBQ Sauce	£8.95	£11.95	£13.95
Meaty One Ham, Pepperoni, Beef, Spicy Pork	£8.95	£11.95	£13.95
Sea Food Prawns, Anchovies, Tuna & Fresh Tomato	£8.95	£11.95	£13.95
Free Choice Any 4 toppings of your choice	£8.95	£11.95	£13.95
Late Breakfast Smokey Sausage, Bacon, Salami & Fried Onion	£8.95	£11.95	£13.95

GoGo Special

Green Peppers, Mushrooms, Onions, Ham, Beef & Pepperoni	£9.95	£12.95	£14.95
Alligator Pepperoni, lamb, Beef, Bacon, Garlic Sausage, Salami	£9.95	£12.95	£14.95
Meatball Feast BBQ Sauce, Meatballs, Pepperoni, Bacon, Garlic Sausage, Smokey Sausage	£9.95	£12.95	£14.95

Stuffed Edge Surcharges

Stuffed Edge with Cheese/with cheese & Pepperoni/ with Garlic & Herbs	£1.00	£1.20	£1.40

Extra Toppings

Create your own pizza by using a Cheese and Tomato as a base then add your choice of toppings from the following

	£0.90	£1.00	£1.10
Meat Toppings	Chicken Toppings	Seafood Toppings	Vegetable Toppings
Pepperoni, Salami	Tandoori Chicken	Tuna	Pineapple, Mushrooms,
Garlic Sausage	Chinese Chicken	Anchovies	Sweetcorn, Green Peppers
Smokey Sausage	Plain Chicken	Prawns	Red peppers, Onions,
Ham, Spicy Pork	Mexican Chicken		Fresh Tomato, Green Chillies
Beef			Aubergine, Fresh Garlic,
			Jalapeno peppers, Black
			Olives, Spinach, Broccoli

Starters

Garlic Bread (4pcs)	£1.70	With Cheese (4pcs)	£2.20
Cheesy Garlic Pizza Bread (7")	£3.50	Breaded Mozzarella Sticks (8pcs)	£3.95
Potato Twisters (Per Portion)	£2.95	Potato Wedges (Per Portion)	£2.95
Potato Wedges (Per Portion)	£2.95	Potato Skins (5pcs) with cheese	£3.95
Potato Skins (5pcs) with cheese	£4.95	Jalapeno Peppers Cream cheese (6pcs)	£3.95
Onion Rings (10 rings)	£2.50		
Dips, garlic & Mayonnaise, BBQ, Chilli, Sour Cream, Garlic & Herb			£0.30
Spicy Chicken Wings (8pcs)	£3.95	BBQ Wings (8pcs)	£3.95
Chicken Nuggets (6pcs)	£2.50	Southern Fried Mr Chicken (6pcs)	£3.95
BBQ Ribs (1.2 rack)	£3.95		

Pasta

Spaghetti Bolognese	£4.95	Vegetable Lasagne	£4.95
Meat Lasagne	£4.95	Chicken & Mushroom Pasta	£4.95

Salad

Salad Bar Onion, lettuce, fresh tomato, cucumber, coleslaw, ham, sweetcorn, green peppers, olives, cheese, tuna, chicken			£3.50
Green Salad	£2.50	Coleslaw	£1.50

Ice Cream

Haagen Daas 500ml, Vanilla, Choc Chips, Strawberry & Cream, Cookies & Cream, Baileys & Cream	£3.95
House Ice Cream, Dairy, Strawberry, Chocolate, Caramel Coffee	£4.95

Desserts

Tennessee Toffee Pie	£2.50	Chocolate Fudge Cake	£2.50
Strawberry Cheese Cake	£2.50	Banoffi Pie	£2.50

Cold Drinks

Coke, 7-UP, Fanta, Diet Coke (Can)	£0.70	Bottle	£1.70

PIZZA GOGO FREE DELIVERY TO ALL MK

X-tra Value Meal Any Large 12" Pizza* FREE GARLIC BREAD (4 pieces) FREE POTATO TWISTERS ONLY £11.95

SPECIALS

Twin Deal Any 2 medium Pizzas• (10.5") Any 2 starters, 2 dips & 2 cans of soft drink. only £16.95 (save up to £4.00)

Big Deal Any large 12" Pizza*, 8 pcs Chicken Wings, 4 pcs Garlic Bread, Bottle of Soft Drink. £14.95 (save up to £4.00)

Triple Choice Any 3 Pizzas* 3 Medium £17 - 3 Large 12" £22 3 Supersize 15" pizzas £27

Lunchtime Special 11.30 - 4.30 Mon - Thurs One Cheese & Tomato Pizza with a choice of 3 toppings & 4 pcs Garlic bread. Medium £6.00 (plus one can of drink) - Large £8.00 (plus two cans of drink)

2's Special Any 2 Pizzas* 10.5" - £13.90 12"- £16.90 15"- £18.90

Double Deal Any 2 large 12" Pizzas, 2 Dips 2 Starters & Bottle of soft drink. £20.95 (save up to £6.00)

Beat the clock! only £10.95 Any Large 12" Pizza*, 8 pcs Chicken Wings, 4 pcs Garlic Bread & 1 Bottle of drink. If ordered and delivered before 4pm Mon-Thurs (save up to £7.65)

Free Hasgen-Dazs Ice cream with every order of £15.95 Offer cannot be used with any other offer

Open 7 days a week 11.30am - Late • TO ORDER CALL:01908 274674

141 Queensway, Bletchley MK2 2DY

www.pizzagogo.co.uk

DAILYLIFE

THURSDAY

ACAPPELLA open session. Tim Hague invites you to The Crown in Stony Stratford's Market Square to exercise your tonsils in a strictly-no-instruments joiny-in session. These are hugely popular events so get there in good time for the 8.30pm start. Entry is free, and you are not obliged to sing.

JUN Ishimura Piano Recital. Milton Keynes City Church. 7.45pm. This exceptionally talented pianist plays a programme of Scarlatti: Sonata in D minor, Chopin: Nocturne in B, Debussy: Pour le Piano, Chopin: Fantasie in F minor, Liszt: Mephisto Waltz No 1, Schumann: Carnival. Admission £8 (conc £7.50, child £2) at the door
www.cornerstonemusicmk.co.uk

NORTH Bucks Speakers, The Well community Centre, Willen. Fortnightly meetings aimed at developing public speaking and leadership skills. 7.15pm.
Brian Bollen on 01908 234952

FRIDAY

SONG Loft, Cock Hotel, Stony Stratford. Roddy Clenaghan Band. A night of contemporary songs from the likes of Steve Earle, Natalie Merchant, Ryan Adams, John Prine, Joan Baez and lots more. Tickets £6Show starts at 8.30pm. Limited seating.

SATURDAY

SCOPE Session: Musical charity night. Musicians from Togmor, Friction and Tim's Tonsils. Your £5 entry will go to Scope. Bring along your own alcohol and musical instruments. Soft drinks and snacks will be on sale for the charity. York House Centre, London Road, Stony Stratford, from 8pm.
www.stonystratford.co.uk

ST Mary's Wavendon School Christmas Fair, Walton Road, Wavendon, Milton Keynes. From 2-4pm. Father Christmas, face painting, tombola, grand raffle, sealed-bid auction (top prize Grant Hawthorne from The Plough at Wavendon cooking dinner at your home), crafts, books, refreshments and much more.

WOUGHTON Winter Ball. The first ever Woughton Winter Ball. Put on your party frocks and raise funds for Willen Hospice. Live entertainment, buffet, bar, raffle and disco. Tickets £8.
Tracy Peters 01908 395681 or 07983599279

NIGHT of a Thousand Stars - Music Makers of Milton Keynes Winter Concert. Saturday at The Guildhall, Central Milton Keynes. Sunday at the Church of the Holy Cross, Two Mile Ash 7.30pm. Tickets £6. Brand new choral arrangement of pop classics, a fantastic Evita medley and many more.

KNEBWORTH Christmas Craft Fair, Saturday and Sunday. Held in heated wooden-floored temporary exhibition halls.Some of Britain's top craftsmen and women, artists and designers. 10am-6pm on both days. £5 adults, £4 OAPs, £2 children.

MAKE a Meadow: Wild flower planting, Kents Hill Local Park. 10.30am to 12.30pm. Meet at pond, Sweetlands Corner. Bring a trowel. Gloves supplied. Under-16s please bring an adult. Call 01908 252590 or 252591.

SUNDAY

POETRY Kapow! Seasonal Climax. Madcap Performing Arts Centre, Wolverton. Poetry slam, Open Mic, competitions and live music. We need rhyming Rudolfs, pantomime dames and serious poets to offset the silliness! Get in touch at 07904 488009.

DEANSHANGER Village Playgroup Christmas Bazaar. Christmas light switch on at 4.30pm. Cakes, make decorations, food, games and raffle.

HEARTS First Santa Jog, Willen Lake. Walk, jog or run the 4km course around Willen Lake, dressed in free Santa suits from the BHF. Registration on the day opens at 10am Mass warm up 10.45am, start 11am. £15 per adult, £5 per child, on the day – and you get to keep the Santa suits.

GARDENLIFE

Skimmia

Christmas containers

ENSURE your front door shouts 'happy Christmas' by planting up some seasonal containers.

However at this time of year choose your container wisely.

Terracotta must be well drained, (put a good depth of gravel or polystyrene in the base), or go for a frost-proof pot. To ensure terracotta is frost proof it is fired at a higher temperature for longer than frost resistant terracotta but, unfortunately it tends to be more expensive.

Alternatively fibreclay pots (the ones that look like lead,) terrazzo and wood are good choices.

The Christmas colours of red, white and green look festive in almost any container.

Here are a few suggestions for some striking seasonal plants.

You should be able to get most of them as mini plants, costing from as little as 50p-£2.99.
Reds
Leucothoe, pernettya, skimmia, cyclamen
Greens
Holly, ivy, small conifers, euonymus, choisya
White
White hyacinths, hellebores, (Lenten rose), skimmia Kew Green

Tips for survival

■ Only water planters when the soil is not frozen
■ Use 'pot feet' to raise the pot and hence help drainage
■ To extend your large planter display through to the spring, plant spring-flowering bulbs before adding the other plants.
■ Put ivies at the edge of the container, remember that plants grow more slowly in winter than summer, so pack them in fairly closely.
■ During particularly cold or wet periods, move smaller planters close to buildings for added protection. Otherwise wrap in bubble wrap

JOBS THIS MONTH

Keep perennials warm by mulching with bark.

Stuff tree ferns with straw or hay and wrap bananas up well. Neither will like severe winter weather.

Cut bush roses down to half way to prevent them blowing in the wind and damaging the roots.

Prune autumn flowering heathers by clipping over the tops to remove the dead flower heads. .

Lining the inside of your greenhouse with bubble wrap to keep it warmer and reduce energy costs. Wash the glass inside and out before you start lining to maximise light levels. Clean out gutters.

Remove pumps and filters from ponds and water features.

Liz Thurley is a garden designer and the owner of Roman Way Garden Centre.
If you have any questions get in touch at info.romanway @yahoo.co.uk or call 01908 542427

TASTELIFE

THE NAVIGATION INN

Cosgrove
Telephone 01908 543156
Review by Laura Hannam

THE head chef at The Navigation Inn is used to having his food judged after reaching the finals of BBC's Masterchef earlier this year.

Dan Cameron runs the 200-year-old traditional canal side pub and restaurant with his dad Duncan.

Dan has trained at some of London's top restaurants including Gordon Ramsay's Maze and The Berkeley Square in Mayfair.

He was chosen from thousands of entrants to star in the BBC's Masterchef – The Professionals recently and got through to the last six in finals week.

He is now working to restore The Navigation Inn's reputation for quality food specialising in fresh local produce with each dish freshly cooked to order.

To start our meal Dan served my guest and I mushroom arancini (£5.45), breaded risotto balls with a rocket leaf salad and truffled brie, and a deli board (£7.25) with a selection of meats, olives, cheese and houmus with toasted ciabatta.

I particularly enjoyed the risotto balls which had a beautiful texture and gorgeous creamy taste set off nicely by the brie.

For the main course my guest had pan fried English fillet steak (£17.95) with braised field mushroom, air dried tomato and hand cut chips finished with herb butter and fresh horseradish.

This was the best steak he had ever had, was perfectly cooked, thick and tender.

I tried the seafood platter (£15 for one, £28 for two), with lemon sole, rainbow trout, halibut and crevettes and grilled tomato and mushrooms.

For dessert we had bread and butter pudding and a strawberry creme brulee with strawberry ice cream and a white chocolate chip cookie (both £4.95).

Though the inn may look like a very traditional country pub don't be deceived, this food offers far more taste and elegance than your average pub meal and is one of the best dinners I have had in Milton Keynes.

Dan also plans to open a 30-seater fine dining restaurant offering modern European food at the Inn in March next year, aiming for a Michelin star.

The Navigation Inn is situated 10 minutes from CMK, on the Castlethorpe Road just outside Cosgrove at Thrupp Wharf on the Grand Union Canal.

■ For more information or to see the Inn's menu for Christmas parties, visit www.navigationinn.net

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Willen Lake - South 10.45

Sun 7
Parks and Run
Fun runs for all ages and abilities.
Ouzel Valley Park 10.00-12.00 free

Sun 7
Orienteering
Mystified by maps and confused by compasses - join the South Midlands Orienteering Club. www.smoc.info
Furzton Lake 10.00-12.00 £2

Wed 10
Women's Walking Network
Get to know your parks and meet new friends.
North Loughton Valley 10.00-12.00 £1

Sun 14
Easy Riders
Discover Milton Keynes cycle ride.
Loughton Valley Park 10.00-12.00 free

Sun 14
Light Your lantern
Make a lantern to light up the night and then join us at Linford Wood for traditional carols.
Campbell Park Pavilion 12.00-2.00 £2.50*

Sun 14
Carols in the Wood
A magical evening of carol singing.
Linford Wood 4.00-5.30 free

Wed 17
BuggyFit
Meet new friends and get fit in the parks.
Tattenhoe Valley 10.00-11.15 £2

Thu 18
Pushchairs in the Park
Follow the trail of cuddly toys.
Campbell Park Pavilion 10.00 -12.00 free

Sun 21 Dec
Wreath Wassail
Collect green goodies to make a wreath and Christmas decorations.
Campbell Park Pavilion 12.00-3.00 £2.50*

Sun 21 Dec
Carols by the Lake
Enjoy a tranquil walk and support Willen Hospice singing carols around the tree.
Willen Lake – North 4.00-5.30 free

* Booking required – call 01908 255379 to reserve your place.
www.theparkstrust.com

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WASH CUT & RESTYLE	£15.50	£17.00	£18.50
BLOW DRY	£10.50	£12.50	£15.00
PLUS STRAIGHTENING ADD	£2.50	£3.50	£5.00
CUT & BLOWDRY	£19.95	£21.95	£29.95
CUT & BLOWDRY RESTYLE	£22.95	£24.95	£29.95
FRINGE TRIM		from £2.50	
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GENT Cut	£9.50		
Crew Cut (one grade only)	£6.50		

(Other services available / colours for men ask within)
(ALL CHEMICAL TREATMENTS ARE EXCLUSIVE OF CUT AND BLOWDRYS)

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Millions ready to change their jobs

MORE than three million people plan to change careers in the next year as a result of the economic downturn a study suggests.

A survey of more than 2,000 adults found that the financial crisis is causing millions of people to consider learning new skills in order to improve their job prospects.

It found that one in five adults (21 per cent) are planning to gain extra qualifications over the next 12 months.

In total, eight per cent of those questioned are planning to swap jobs in the next year.

As there are more than 40 million adults in England, this means that around 3.2 million people are considering a change in career, the survey suggested.

It also found that 21 per cent of people have changed careers in the last three years.

The survey was commissioned by the Association of Colleges (AoC) to mark the start of this year's Colleges Week.

The wek aims to highlight the role colleges play in helping people to access the training an education they need.

David Collins, President of the AoC said: "Understandably the current economic situation will trigger people to reassess their situation and to come to bold decisions about their future.

"Quite rightly people will be looking at the qualifications they have got and those they need to get to fulfil their future aspirations.

"We would encourage anyone interested in updating their skills to contact their local college."

Can your firm be top dog and stay honest and legal?

Enter a team in the Lovat Fields Village Challenge and find out

BUSINESSES are again taking up the challenge to provide help and support for the elderly.

The ExtraCare Charitable Trust's Lovat Fields Village, Willen, is once again running its Business Challenge competition.

More than £13,000 was raised to help fund health and leisure facilities at the village.

Local organisations who want to take part will be given £50 with a challenge of growing the money to see who makes the most.

You can do this by any means as long as it is legal, decent and honest.

Last years winners was a team from the National House Building Council who raised a staggering £3,396.

MK NEWS sponsored the school competition, the winning school in the challenge being Southwood School, Conniburrow.

The team made their money by making and selling pancakes, washing staff cars and holding an Easter egg hunt.

Nearly 30 teams entered last year's competition.

The challenge will run over February, March and April 2009 and is a great opportunity to build team spirit within your company while raising money at the same time.

If you are a business interested in taking part then contact Ann Allen 0n 07825171546 or email ann.allen@extracare.org.uk for more details.

Jonathan Cropley of MK NEWS with Ann Allen of Extracare the MK NEWS-sponsored special award for schools with winners Southwood School team The Lightnings: Ryan Davenport, Filsan Dahir, Vararmathy Pathmanathan, Guled Abdullaahi and learning support assistant Sharon Slaven

Top nurse: Teresa Wood

Matron wins award

A NURSE for children with complex needs has been celebrated for her 'outstanding contribution to patient care'.

Teresa Wood, community paediatric matron, was one of several health service staff who were recognised for their dedication in the local Primary Care Trust's (PCT) awards ceremony recently.

She was nominated by colleagues for her 'total commitment to providing high quality patient care', for being 'compassionate and supportive with families' and 'readily available to them during times of crisis'.

Other staff received awards in categories recognising innovation and team work.

The Rapid Action Intervention Team (RAIT) were awarded the Innovation Team prize for providing rehabilitation support to people in their own homes who have had an illness, accident or operation, to prevent people having to go in to hospital.

The judges also recognised the healthcare team at Woodhill Prison as the most improved team of the year for the dramatic changes they have made and the service it provides to patients, prisoners and the prison itself.

Mike Chew, Milton Keynes Provider Services managing director, presented each winner with a trophy and certificate.

"We are very proud of all our staff, who work incredibly hard for the health and care of the people of Milton Keynes," he said.

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MK PROPERTY

December 6, 2008 | FREE inside MKNEWS | www.mk-news.co.uk

Spacious period thatched cottage has four bedrooms

THIS 17th Century Grade II listed, detached, thatched cottage in the village of Singleborough has been extended to create a spacious family home.

The property retains many period feature such as oak beams, inglenook fireplaces, exposed stone walls, leaded windows, quarry tiled and parquet floors.

The accommodation briefly comprises drawing room, sitting room, dining room, family room, downstairs bathroom, kitchen, utility room. There are four bedrooms and bathroom on the first floor. Outside are mature gardens with open farma land beyond.

Price £550,000.

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Taylors Estate Agents are now in receipt of an offer for the sum of £105,000 for 92 Williams Close, Hanslope, MK19 7BT. Anyone wishing to submit an offer for this property should contact us on 01908 563825 before exchange of contracts.

Old Stratford £299,995

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86 Kennet Place, Bletchley, MK3 7AU

We are acting for the mortgagee in possession and have received an offer of £105,000 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place. Call 01908 370861!!

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* Downstairs Cloakroom
* Kitchen/Dining Room
* Conservatory
* Front & Rear Gardens
* Driveway providing ORP
* Call to view on 01908 524456!

Oakhill Guide Price £199,995

* Four Bedroom Townhouse
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* Open Plan Living Area
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* Master Bedroom with En-Suite
* Front & Rear Gardens
* Garage
* Call to view on 01908 524456!

Westcroft £179,950

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* Downstairs Cloakroom
* Lounge & Dining Room
* Kitchen
* Gardens
* Garage
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Broughton £750

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Broughton £725

Taylors lettings are delighted offer this 2 bedroom 1st floor apartment situated in the popular Broughton area of Milton Keynes. The Property is furnished and available from 15th December 2008. Please call the lettings team to arrange a viewing appointment on 01908 393924.

Two Mile Ash £450

Taylors Lettings are delighted to offer this Studio apartment situated in the popular location of 'Two Mile Ash'. The property is Fully Furnished and available immediately. Please call the lettings team to arrange a viewing appointment on 01908 393924

Eaton Mews £695

Taylors lettings are delighted to offer this 1 bedroom First floor apartment, Situated in the popular 'Eaton Mews' area of Central Milton Keynes. The property is Furnished and available from 1st December 2008. Please call the lettings team to arrange a viewing appointment on 01908 393924.

Newport Pagnell £695

Taylors lettings are delighted to offer this 2 bedroom Victorian property, Situated in the much sought after location of Newport Pagnell. The property is newly re-furbished and is available immediately, Unfurnished. Please call the lettings team to arrange a viewing appointment on 01908 393924.

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Loughton £750

Taylors Lettings are delighted to offer this beautifully restored mid-terraced cottage situated in the much sought after location of Loughton. The property comprises of lounge, dining room, two double bedrooms and a further room attached to one bedroom suitable for a study or dressing room.
The property is available immediately. Must be viewed!

Olney £675

Taylors Lettings are delighted to offer this 2 bedroom first floor apartment, Situated in the much sought after location of Olney. The property is available from the end of November and is unfurnished..Please call the Lettings team to arrange a viewing appointment. 01908 393924

A small selection of this weeks HOT PROPERTIES:

Westcroft	3 Bed	£895
Deanshanger	4 Bed	£950
Aspley	2 Bed Flat	£1095
Shenley Brook	4 Bed	£1100
Bow Brickhill	4 Bed Det	£1350

New Bradwell £750

Taylors Lettings are delighted to offer this 3 bedroom property situated in the popular Village location of New Bradwell. The property is furnished and available from the end of November 08. Call the lettings team now to arrange a viewing appointment on 01908 393924.

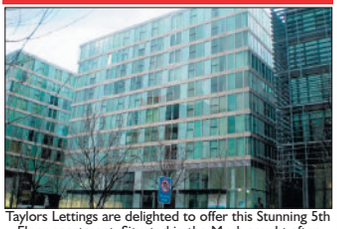
Bletchley £750

Taylors Lettings are delighted to offer this beautifully restored mid-terraced cottage situated in the much sought after location of Loughton. The property comprises of lounge, dining room, two double bedrooms and a further room attached to one bedroom suitable for a study or dressing room.
The property is available immediately. Must be viewed!

Oldbrook £750

Taylors Residential Lettings are delighted to offer this two bedroom maisonette situated in the popular location of Oldbrook. The property is fully furnished and available from 1st July. Must be viewed!

Central Milton Keynes £775



Taylors Lettings are delighted to offer this Stunning 5th Floor apartment, Situated in the Much sought after 'HUB' Development in Central Milton Keynes. The property is Furnished and available immediately...must be seen! Call the lettings team now to arrange a viewing appointment on 01908 393924.

Leighton Buzzard £595

Taylors lettings are delighted to offer this 'Superb' Two Bedroom Detached, Coach house style apartment situated in the much sought after Sandhills development of Leighton Buzzard. The property is Unfurnished and available from the end of November For just £595 per month. Please call the lettings Team to arrange a viewing appointment on 01908 393924

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PUBLIC NOTICE — £175,000

13 Ulverston Crescent, Broughton, Milton Keynes, MK10 9QL.

We are acting for the mortgagee in possession and have received an offer of £175,000 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

WILLEN — £155,000

THREE BEDROOM SEMI DETACHED PROPERTY
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EMERSON VALLEY — OFFERS IN EXCESS OF £135,000

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STANTONBURY — £119,995

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PUBLIC NOTICE — £114,950

131 Arncliffe Drive, Heelands, Milton Keynes, MK13 7LF.
We are acting for the mortgagee in possession and have received an offer of £110,000 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

HEELANDS — £139,995

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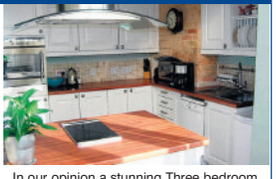
Leon Avenue £194,995

A 'Tranfield built' Three bedroom semi detached property, situated in the sought after area of Central Bletchley. Offering entrance hall, lounge, dining room, re-fitted kitchen, utility room, re-fitted bathroom, garage, front & rear gardens. VIEW NOW TO AVOID DISAPPOINTMENT.

Fenny Stratford £164,995



In our opinion a stunning Three bedroom Victorian home situated in Fenny Stratford. Offering double glazing, gas to radiator central heating, re-fitted kitchen, conservatory, four piece suite bathroom and off road parking. THIS IS A MUST VIEW.

Off Windmill Hill Drive £127,500

A Two bedroom end of terrace home situated off of Windmill Hill Drive. Offering double glazing, re-fitted kitchen, gas to radiator central heating, off road parking, rear garden, NO UPPER CHAIN.

Fenny Stratford £299,995

A brand new Three bedroom detached property situated in Fenny Stratford. The property consist's of many benefits such as en-suite to master, utility room, garage, kitchen/diner, open fire place, stunning entrance hall and much more. The property is also offered with no upper chain. Work still in process

Simpson Village £129,995

A Two bedroom semi-detached bungalow in a popular residential location. Offering entrance hall, lounge, kitchen, bathroom, communal parking, communal front & rear gardens.

Emerson Valley £135,000

A Two bedroom end of terrace property in a popular residential location. Offering entrance hall, lounge, kitchen/diner, bathroom, allocated parking, front & rear gardens.

Bletchley £109,995

A Three bedroom terraced property in a popular residential location. Offering entrance hall, downstairs cloakroom, lounge, kitchen, study, bathroom and rear garden.

Racecourses £139,995

A Two bedroom semi-detached property with garage, on the ever popular Racecourses estate. Offering entrance hall, lounge, kitchen, bathroom, front & rear gardens, gas to radiator central heating, double glazed and off road parking.

Tree's £159,995

A three bedroom semi detached family home situated on the Tree's estate, the property consists of kitchen/diner, lounge, spacious rear garden, gas to radiator central heating, separate w.c, off road parking.

Barleyhurst £139,995

A Two bedroom end of terrace property in a popular residential location. Offering lounge, kitchen, bathroom and rear garden.

Central Bletchley £154,995

An excellent example of a three bedroom family home in walking distance of the town centre. The property offers gas to radiator central heating, double glazing, open plan lounge/diner, kitchen, three double bedrooms, integral garage, front and rear gardens. MUST BE VIEWED.

Counties £149,995

An extended three bedroom semi detached family home situated on the Counties development, offering re-fitted kitchen, double glazing, gas to radiator central heating system, off road parking.

Furzton £160,000

A Three bedroom link semi-detached property, in the popular residential location of Furzton. Offering entrance hall, lounge, kitchen/diner, garage & driveway, family bathroom, gas central heating, front & rear gardens, MUST BE VIEWED, NO UPWARD CHAIN.

Newton Longville £159,950

A Three bedroom semi-detached property offered for sale with no upper chain. Accommodation comprises, lounge, dining room, kitchen and a family bathroom. Benefits include double-glazing, gas to radiator heating and a converted loft room subject to planning.

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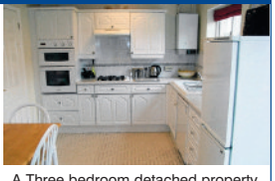
Coffee Hall — £189,950

A Four bedroom detached property in a popular residential location. Offering downstairs cloakroom, lounge, kitchen, utility room, en-suite to master bedroom, family bathroom, garage, front & rear gardens.

Shenley Brook End — £219,995



A Three bedroom detached property in a highly sought after area. Boasting downstairs cloakroom, lounge, dining room, kitchen/breakfast room, en-suite to master, family bathroom, garage and rear garden.

Middleton — £279,995

A superb example of a Four bedroom detached family home, located in a sought after area. Boasting lounge, kitchen/breakfast area, family room, utility room, dining room, en-suite to master bedroom, double garage with dual parking, double glazed and gas central heating.

Medbourne — £55,000

A One bedroom top floor apartment on the popular shared ownership scheme, for a 50% share. Offering security entrance, lounge/diner/kitchenette, bathroom, communal rear garden.

Giffard Park — £136,950

SOLD MORE REQUIRED

A Two bedroom end of terrace property in a popular residential location. Offering lounge, re-fitted kitchen, re-fitted bathroom, off road parking and rear garden.

Shenley Brook End — £140,995

A Two bedroom mid terrace property in a popular residential area. Offering entrance hall, lounge, kitchen, bathroom, off road parking, rear garden.

Loughton — £149,995

A Three bedroom semi-detached property in a popular residential location, with NO UPPER CHAIN. Offering entrance hall, lounge, kitchen/diner, bathroom, off road parking, gas central heating and rear garden.

Bradwell — £159,995

A Three bedroom family home offered with NO UPPER CHAIN. The property benefits from entrance hall, cloakroom/utility room, lounge, kitchen/diner, family bathroom, UPVC double glazed, gas central heating, front & rear gardens, off road parking at rear of property.

Broughton — £159,995

A great example of a Two bedroom first floor apartment, in an ever popular location. Being offered with NO UPPER CHAIN. Offering entrance hall, lounge, kitchen, en-suite to master bedroom, bathroom and off road parking for one vehicle.

Great Holm — £179,995

A Three bedroom semi detached property situated in an ever popular residential area. The accommodation briefly comprises two reception rooms, conservatory, refitted kitchen, double glazing, gas central heating, garage and driveway, extra length garden. Must be viewed. PLUS STAMP DUTY PAID.

Wavendon Gate — £189,995

A Three bedroom detached property in a popular residential area. Boasting downstairs cloakroom, two reception rooms, kitchen, en-suite to master bedroom, family bathroom, corner plot, front & rear gardens, garage & driveway.

Grange Farm — £199,995

A Four bedroom townhouse situated in this popular residential location. The property benefits from downstairs cloakroom, re-fitted kitchen, lounge, four bedrooms, en-suite to master bedroom, further family bathroom, front & rear gardens, garage, gas central heating and double glazing.

Oldbrook — £199,995

ALL OFFERS INVITED

A Three bedroom detached property in a popular residential location. Boasting downstairs cloakroom, two reception rooms, kitchen, en-suite to master bedroom, family bathroom, double glazing, gas central heating, garage & driveway.

Wavendon Gate — £219,995

A Three bedroom detached family home in a popular residential location. Boasting entrance hall, downstairs cloakroom, lounge, kitchen/diner, conservatory, family bathroom, double glazed, gas central heating, detached single garage and driveway, front & rear gardens.

Wavendon Gate — £269,995

A Four bedroom detached family home situated in a popular residential location. Boasting entrance hall, downstairs cloakroom, lounge, kitchen/diner, utility room, en-suite to master, family bathroom, front & rear gardens, double glazed, gas central heating (new boiler fitted). A detached self contained annex, offering lounge, bedroom, kitchenette, shower room.

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* Downstairs cloakroom
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* Single garage
* Unfurnished

BLETCHLEY £950 pcm

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* Three double bedrooms and one single
* Two ensuite bathrooms
* Kitchen white goods
* Downstairs cloakroom
* Enclosed rear garden
* Unfurnished

CONNIBURROW £675 pcm

* Three bedroom semi detached house
* One double bedroom and two singles
* Kitchen with white goods
* Conservatory
* Enclosed rear garden
* Off road parking for three cars
* Unfurnished

BRADWELL COMMON £800 pcm

* Three bedroom link detached house
* Two double bedrooms and one single
* En-suite to master
* Downstairs Cloakroom
* Enclosed rear garden
* Single garage with off road parking
* Part furnished

SPRINGFIELD £675 pcm

* Three bedroom terraced house
* Two doubles and one single bedroom
* Kitchen white goods
* Enclosed rear garden
* Off road parking
* Part furnished

BLETCHLEY £695 pcm

* Three bedroom terraced house
* Two double bedrooms and one single
* Kitchen with white goods
* Enclosed rear garden
* Single garage
* Unfurnished

BRADVILLE £750 pcm

* Three bedroom detached bungalow
* Two double bedrooms and one single
* Kitchen white goods
* Conservatory
* Enclosed rear garden
* Single garage with Off road parking
* Unfurnished

MEDBOURNE £800 pcm

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* Three double bedrooms
* Fitted kitchen with white goods
* Ensuite to master bedroom
* Single garage and Off road parking.
* Unfurnished

KENTS HILL £550 pcm

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* One double bedroom
* Kitchen white goods
* Off road parking
* Unfurnished

WALNUT TREE £475 pcm

* One bedroom ground floor flat
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* Loft conversion
* Kitchen with white goods
* Downstairs cloakroom
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FENNY STRATFORD £795 pcm

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The benefits of HR support

IN the current economic climate, where many companies are making tough decisions on cutting overheads and reducing head count, investing in sound HR advice and support is critical.

Large companies may employ an HR professional, but every company employing staff, whether full or part time, is bound by a potential mindfield of legislation and procedures, surrounding recruitment, discipline and grievance and redundancy.

Angela Rhodes, managing director of Crispin Rhodes Ltd identified the HR needs of small to medium sized businesses over 11 years ago when she launched her Milton Keynes-based company.

Angela said: "The companies we have set up HR systems and support for over the last few years are well prepared to make good decisions and follow processes diligently to manage their workforces now.

"We supply an on-going HR support service with a high level of hands-on guidance, sound advice and tailored service packages.

These embrace recruitment, HR policies and procedures, terms and conditions of employment, psychometric profiling, discipline and grievance, redundancy and one-to-one coaching.

"It is true that our telephone helpline has been buzzing over the last few months, but that's the smart essence of our business, we can quickly deal with small problems and avoid escalation of errors, which make big, costly problems."

Angela brings more than 20 years HR management experience to provide cost effective personnel support for small and medium sized businesses. .

She is a highly-motivated business professional with a previous career embracing management positions in both the public sector and manufacturing industry.

Celebrating the 11th anniversary of the company Angela added;" Milton Keynes is a dynamic place to start a business.

"Our growth pays tribute to the power of networking and business referral, building business relationships on the foundation of personal trust."

> Our telephone helpline has been buzzing over the last few months, but that's the smart essence of our business, we can quickly deal with small problems and avoid escalation of errors, which make big, costly problems

– Angela Rhodes, boss of Crispin Rhodes Ltd

Just call for cold call sales staff

AS talk of recession bombards businesses across Milton Keynes, Sales Solutions Partnership has offered advice for local businesses.

A statement from SSP said: "In these uncertain times, proactive, intelligent cold calling is one of the most effective and measureable ways to win new business in many industries.

"However, few business owners have either the right skills, or the time, to carry out this to function to ensure they come out of this credit crunch with both their existing and new customer base intact."

SSP offered this advice to stay ahead of your competitors:

Stay positive

Your sales force may have had the luxury of incoming enquiries to rely on for their success.

If not, give them a helping hand to keep them motivated and focused by providing them with qualified appointments and leads.

Get proactive

You need to do more selling. Now is the time to grab your share of the market. Up sell and cross sell at every possible opportunity. Mail shot and follow up.

Improve your service

Wow your customers with the best service possible. Conduct customer satisfaction surveys. Go and visit them. Tell them about all your business offerings because if you are not doing that, your competitors are.

A good sales person is very expensive and at this time your business may not warrant this extra investment – that is where SSP can help.

With a completely bespoke service, they can work with you, representing your business, and making sure you stay ahead of the game.

For more information telephone Kelly Hindley at Sales Solutions Partnership on 01908 505224, e-mail info@salessolutionspartnership, or visit the website www.salessolutionspartnership.co.uk

Bocol Services
We have a vacancy for a:-
CNC Programmer Operator
Experience with Heidenhain, Fanuc and Siemens shopmill is desireable. Interesting and varied work machining aluminium alloys.
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BEDFORD
MK42 9QP
Telephone: 01234 350907

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Flexible Part-time hours.
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Contact 01234 853320

Purchasing Manager/ Stock Controller.
To be responsible for all aspects of stock control for a progressive long established Bedford based company.
Candidate must be experienced in aspects of importing, very computer literate, numerical background. Experienced stock controller with various leadtimes working under a tight regime. Demonstrate a high degree of ability to negotiate preferential terms from suppliers...
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Please email CV to kevinbarton@alfltd.co.uk

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Successful telesales person required to shape this newly-created position in an established business with more than 2,000 trading customers and 10,000 prospects. Proven track record essential. Good basic salary plus commission and an on target bonus. Based in Sandy. Phone 01767 680260.
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Or call 08454 287884 for details

Assistant Engineering Manager
Bedford Depot (circa £31.5k pa)
As a result of promotion a vacancy has arisen at our Bedford depot for an Assistant Engineering Manager. This is a key role reporting to the Engineering Manager, taking day to day responsibility for engineering staff, preventative maintenance programmes and operation of a busy workshop which supports a fleet of 130 vehicles.
Applicants must have previous supervisory experience within a busy PSV or HGV workshop and a thorough understanding of VOSA requirements, together with a qualification in Mechanical Engineering. A PCV/HGV licence would be an advantage.
This is an ideal career opportunity for an enthusiastic engineer who is self motivated, a good communicator and able to achieve high quality standards to drive the business forward.
Relocation expenses where appropriate, are offered with regard to this position.
Applications including a current CV should be submitted to: Keith Dyball, Engineering Director, Stagecoach East, Rothersthorpe Avenue, Northampton, NN4 8UT. For an informal chat please call Keith on 01604 662267.
Closing date for applications: 5th January 2009
Stagecoach

bhsg
BEDFORD HIGH SCHOOL FOR GIRLS
GSA Independent Day and Boarding, 7-18
Required for January 2009
House Assistant
Our boarding community is looking for a self motivated, enthusiastic, child centred House Assistant to care for girls aged 10-18 years.
The position is flexible but does include weekends and evening shifts.
Domestic Assistant
We also require a Domestic Assistant to work across our 4 boarding houses.
5 mornings **or** afternoons (by agreement)
Breakfast Supervisor
The Main School requires a Breakfast Supervisor to work weekdays 7.30—8.30am
Consideration will be given to people who wish to combine any of the above posts.
Closing date: Monday 8th December
Interviews: Wednesday 10th December
For further details and an application form please contact Sue Stealey, Bursar's PA on **01234 360221/334240** or email : **bursarsec@bedfordhigh.co.uk**
Or download from bedfordhigh.co.uk
This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. These posts will require an enhanced CRB Disclosure
Registered Charity No. 20481

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Call today for details and an application pack
If you are a team player who likes to be challenged
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Happy Children
Outstanding Environment

Current Vacancies
2 Class Teachers required for April/Sept 2009
Salary Negotiable
EAL Teaching Assistant
15.75 Hours per week
required ASAP
Salary MK4/MK5 depending on experience
Closing date for applications: Friday 9th January 2009

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Advertising Deadline: Tuesday 5.00pm

Jobsnow

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Sharnbrook Upper School and Community College

Sharnbrook is an outstanding school (Ofsted 2006) of some 1800 students (Sixth Form 600).

Learning Resource Centre Assistant /Assistant Librarian Salary: £15,096 pro rata £10,964).

We wish to appoint a well-qualified, imaginative and enthusiastic Learning Resource Centre Assistant/Assistant Librarian. The library plays an important role in this over-subscribed rural school and the successful candidate will be expected to help support learning across the curriculum.

Close liaison with staff and students is vital, so excellent interpersonal skills are required. Knowledge of current curriculum issues and learning resources is important and good ICT skills essential. This could be the beginning of a new career as Sharnbrook provides diverse opportunities for all staff to develop and meet the changing needs of a dynamic school. A large proportion of our support staff take an active involvement in our tutor programme and an interest in contributing to this would be seen as essential.

The successful candidate should have a good sense of humour and a willingness to adapt to a fluid job description. The post is 31 hours per week as a minimum, term time only with a negotiated start date.

All applications are subject to CRB Clearance and references.

For further details and an application form please contact Carolyn Richardson on 01234 782211, Email crichardson@sharnbrook.beds.sch.uk or visit our website.

Closing date: 12th December 2008

Odell Road, Sharnbrook, Bedford, MK44 1JL
Tel: 01234 782211 • Fax: 01234 782431

brighter future

www.sharnbrook.beds.sch.uk

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Number on Roll 938
200+ Post 16

Headteacher: Mr Martin Fletcher martinfletcher@hastingsbury.beds.sch.uk

Teaching Assistant

Level 2A, Points 10 – 13 (£13,663 - £15,247 pa pro rata)
26.67 hours/week Term Time only (which includes 5 training days)
Fixed Term to 31 August 2009 Required January 2009

We have a vacancy for a Teaching Assistant to work under the supervision of teaching staff in supporting students with a range of special needs. The successful applicant will take up the post in January 2009.

Hastingsbury is a multicultural community comprehensive college located on an attractive suburban campus to the south west of Bedford.

If you are interested in applying for this post please telephone Jan Gosnell at the college (01234 290900) or email: jangosnell@hastingsbury.beds.sch.uk for an application form and further details. The closing date for completed applications is Tuesday 9 December 2008. Information about the college is available at www.hastingsbury.beds.sch.uk.

Hastingsbury is committed to safeguarding and promoting the welfare of children. In accordance with the Police Act 1997 all posts in schools are subject to disclosure of criminal records.

Healthy School · Specialist Schools and Academies Trust · Business & Enterprise · Sportsmark 2007 · INVESTORS IN PEOPLE

www.hastingsbury.beds.sch.uk email: hastingsb@deal.bedfordshire.gov.uk

every patient matters

Bedford Hospital NHS Trust

Bedford Hospital NHS Trust has a range of full and part time vacancies for both permanent and temporary posts.

For full details of the positions and to apply, please visit www.jobs.nhs.uk quoting the reference number.

Family Care Assistants REF:416-WC74

Governance Information Assistant REF:416-NUR12

Only shortlisted candidates will be contacted.

Bedford Hospital NHS Trust is committed to Equality of Opportunity and welcome applications from all sections of the community.

www.bedfordhospital.nhs.uk

Redborne Upper School and Community College
Flitwick Road, Ampthill, Bedfordshire MK45 2NU
Telephone: 01525 404462
NOR: 1,400 (400 Sixth Form) 13 – 18 Mixed Comprehensive

ENGLISH TEACHER
Required for January, 2009

We wish to appoint a dynamic, enthusiastic English Teacher to join a thriving department that achieves excellent examination results. 'A' Level work will be available to suitably qualified candidates.

A laptop computer will be issued to the successful candidate.

The successful applicant will be required to undertake a Criminal Records Bureau Disclosure.

Please telephone Lou Ellis (Headteacher's P.A.) at the school for further details and an application form.

Closing Date: Tuesday 9th December, 2008

Redborne is an oversubscribed, successful school that achieves excellent examination results. The school is well regarded and popular, situated in a very pleasant area of Central Bedfordshire, within easy reach of London. About 80% of the Sixth Form go on to University. The school has just had an excellent OFSTED Report and was graded as "outstanding". Redborne has received Sports College, Science College and Training College Status, the Arts Mark Gold Award, and has been awarded High Performing School Status.

Jobsnow

www.jobsnow.co.uk

ARA

Aircraft Research Association Ltd is an independent non-profit distributing research and development organisation specialising in computational fluid dynamics and wind tunnel model design, manufacture and testing for the aerodynamic design cycle of aircraft and associated flight vehicles. Our customers include most of the major Aerospace companies world-wide.

Project Manager

ARA is seeking an experienced Project Manager to work within our Design and Manufacture Department. The work will involve ensuring that delivery of complex, precision aerospace models and components is achieved to the demanding requirements of our major national and international customers. Operating in a multi-project environment, the Project Manager will be expected to meet fixed timescales and to execute quality standards within agreed financial budgets.

The Role:

Take ownership of project management assignments ensuring the incorporation and compliance of project management principles and processes:

Risk analysis and project planning	Configuration Control
Work breakdown structures	Change Control
Baseline management	Subcontract management

The role will also require you to support bid preparation and manage a number of tasks concurrently involving commercial customers, international collaborations or defence related external projects, using appropriate management information systems and proprietary software tools to meet each project need.

The Candidate:

The required individual shall:

- Hold a recognised engineering and/or professional qualification in project management;
- Have a self-disciplined approach, ensuring continuous adherence to the Company standards and procedures;
- Possess strong inter-personal, people-management and influencing skills;
- Demonstrate experience of working in a project-based design and/or manufacturing environment.

This position offers a competitive salary plus a comprehensive benefits package.

Interested candidates should write with a full CV including current salary, detailing your skills, experience and personal aptitudes to The Human Resources Department, Aircraft Research Association Limited, Manton Lane, Bedford, MK41 7PF
or email: mcook@ara.co.uk

Closing date for applications: 12th December 2008

Aircraft Research Association Limited is an Equal Opportunities Employer.

NO AGENCIES PLEASE

Bedfordshire and Luton NHS

Mental Health and Social Care Partnership NHS Trust

Community Sensory Services Officer Ref: 336-4424

Band: 4 £17,316 rising to £20,818

Hours: 37.5

Location: Twinwoods, Clapham

The Sensory Impairment Service is a Nurse led service who work with adults who have a learning disability to enable them to access sight and hearing assessments to meet their individual needs. We work closely with the Acute Trusts to deliver Audiology, Ophthalmology and ENT Clinics in a specialist service.

We support our clients to maximise the use of their senses with appropriate aids and adaptations. The role also offers a significant degree of clinical input as we deliver primary ear care.

We are looking for an individual who is enthusiastic, works well within a team but who also has the ability to work under their own initiative. Demonstrable experience of working with individuals who have a learning disability and a sensory impairment is essential for this role.

You will assist in identifying, planning and implementing programmes of care for individuals with a sensory impairment, assessing and developing their skills and supporting them with the care of their eyes and ears.

A car driver who has access to their own transport is essential for this post.

For an informal discussion, please contact: Ruth Cooper 01234 310589 or 01234 310597.

Closing date: 14 December 2008.

(However we reserve the right to close adverts earlier)

Please apply for this post at www.blpt.nhs.uk/jobs

Interview date: 14 January 2009.

We are an equal opportunities employer. All full-time posts are open to job-share.

The Trust will apply for a disclosure in accordance with the Criminal Records Bureau (CRB) Code of Practice and confirmation of this will be required before the post may be taken up.

For information on disclosure please visit the CRB website at www.crb.gov.uk

www.blpt.nhs.uk

We are an equal opportunities employer.

1 in four

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1.5 x COMMUNITY MOBILISERS
£20,591 - £21,937pro rata
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1x TEAM LEADER
£24,331 – £25,940
37hrs

Children's Fund

We require 3 exceptional candidates, able to work with people from all backgrounds and excited at the prospect of making communities stimulating and vibrant places to live. With fulltime and part time posts, as well as a more senior level role, we have 3 very different opportunities to join the existing, highly regarded Milton Keynes Community Mobiliser service.

Do you empathise with the obstacles facing disadvantaged children, young people, their families and communities? Are you committed to the principle that they 'know best' about their own needs? Are you able to support and motivate people of all ages and backgrounds without making them dependent on you? Are you able to adapt to new situations requiring new skills?

Working from schools and other community venues, you'll help 'mobilise' children, young people, their families, and voluntary and community groups to improve their quality of life.

For an informal discussion or application pack please contact David Livermore tel 01908 661623 or e-mail general@mkcvo.co.uk. Or download from www.mkcvo.co.uk Please note we do not accept CV's.

MKCVO welcomes applications from suitable candidates regardless of age, gender, disability, faith, ethnicity or sexual orientation. Charity No: 1092047 & Company No: 4279401

Closing date: Friday 5th December at 12 noon
Interviews: Monday 15th December

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Advertising Deadline: Tuesday 5.00pm

Jobs at Milton Keynes College, Whatever Your Direction

Milton Keynes COLLEGE

Management, Higher Education, Life Skills, Professional, Vocational, Offender Learning, Student Support, Academic, Staff Support

- Lecturer: Engineering
- Lecturer: Motor Vehicle & Motor Sport x 2 posts
- English (as a Second Language) Assessment & Recruitment Advisor
- Teaching Assistant - Learning Support

Closing date for the above positions: Friday 19th December

"I am involved in developing others' skills, but the College has also developed *me*. I have completed my PGCE this year and all the training and guidance has given me the skills and confidence to excel in my role" – **Samina, Lecturer**

We've just updated our website with new vacancies:

Visit: **www.mkcollege.ac.uk**
Call: **01908 684327** (answer phone)
Email: **recruitment@mkcollege.ac.uk**

Investors in Diversity

Redborne Upper School and Community College
Flitwick Road, Ampthill, Bedfordshire MK45 2NU
Telephone: 01525 404462
NOR: 1,400 (400 Sixth Form) 13 – 18 Mixed Comprehensive

CLERICAL ASSISTANT

Required as soon as possible
Monday – Friday 8.30am – 4.30pm
(term time only including 5 training days)
Level 2 £13,663 - £16,230 pro rata

A four point scale within point range 10 – 16 depending on existing experience

We wish to appoint a Clerical Assistant to join a team of dedicated clerical staff. The person appointed will provide first aid for students and staff. Applications from individuals without a first aid qualification are welcome as training will be provided. The post will be based in a busy school office. The successful candidate will need excellent IT skills as well as the ability to work on their own initiative. Experience of a school office environment would be an advantage.

Please apply by letter to Mrs. Lou Ellis (Headteacher's P.A.), enclosing your most recent CV along with the names of two referees who may be contacted prior to any interviews.

CLOSING DATE: Monday 8th December, 2008

Redborne is an oversubscribed, successful school that achieves excellent examination results. The school is well regarded and popular, situated in a very pleasant area of Central Bedfordshire, within easy reach of London. About 80% of the Sixth Form go on to University. The school has just had an excellent OFSTED Report and was graded as "outstanding". Redborne has received Sports College, Science College and Training School Status, the Arts Mark Gold Award and has been awarded High Performing School Status.

Experienced full/part time bar staff and waiter/waitress's

required to join our team at a new family bar and restaurant in Barton. Applicants must be enthusiastic and have the right attitude to deliver good customer services in a friendly atmosphere.

To apply please call Lorna on 01582 722100.CVs to Lorna.halfpenny@gpsproperties.co.uk.

Grove family bar and restaurant

Administrator / Sales Assistant
£15000

Buckingham Based.
Must Have full IT Skills, Word, Excel, PowerPoint & Outlook. General typing, receive & action incoming sales calls, carry out credit checks. Organise sales meetings and site visits for engineers.

Pete Riches
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A Bedford based company, due to new business are seeking the following hands-on proactive people to fill the full time posts:

- AAT qualified Accounts Controller
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Applicants initially email your CV and current salary to: hr@jensa.co.uk

www.jensa.co.uk

No agency

ST MARY AND ST GILES C E JUNIOR SCHOOL

King George Crescent, Stony Stratford
Milton Keynes MK11 1EF
Telephone: 01908 562186
Email: stmary@milton-keynes.gov.uk
Website: www.smsg.myschoolsite.net

Headteacher Mr Meirion Morgan

NOR: 218

Class Teacher

Year 4 - MPS

Required for April 2009

We wish to appoint an excellent classroom practitioner with good organisational skills, who will be sympathetic to the Christian ethos of this Aided Primary School. As a school we are committed to the process of continuous school improvement, raising standards and supporting each other.

"This is a good school. Good leadership, management, teaching and learning ensure the pupils are well cared for, achieve well and reach above average standards. Staff have very high expectations of how pupils should behave and present excellent role models for them to follow. Pupils behave impeccably and they are eager and ready to learn." (OFSTED October 2006).

VISITS ARE ENCOURAGED

CLOSING DATE: 9TH JANUARY 2009,

INTERVIEWS: 22ND JANUARY 2009.

Application forms and further details available from the school.

This federation is committed to safeguarding children. An enhanced CRB check is required.

We are an equal opportunities employer.

It's ability, not disability that counts

MILTON KEYNES COUNCIL

At Milton Keynes, we're supporting the growth of our vibrant city while continuing to deliver excellent services. It's an exciting place to be and we're keen to get the balance right - including the work-life balance. So if you're looking for family friendly benefits and the chance to make a difference, make a move to MKC.

Surveying & Maintenance Manager

£47,086 - £55,457 **Ref: 50017243/MKN**

This is an exciting opportunity to establish and manage a new team of eight providing the highest quality building maintenance surveying and project management support to Children and Young People's Services. A degree in building surveying or equivalent and knowledge of NEC and JCT forms of contract will be essential.

For informal enquiries please contact Mark Dolling on 01908 253375.

Closing date: 19 December 2008. Interview date: 2 January 2009.

Lead Commissioner Social Care Reform

£41,083 - £48,392 **Ref: 50017229/MKN**

A key member of a small Social Care Reform development team, you will help define and change the ways in which social care commissioning and contracting is undertaken. A health or social care manager, able to think across traditional service boundaries, you will have well-developed interpersonal, entrepreneurial, and management skills.

For informal enquiries please contact Lyn Scott or Chris Edwards on 01908 257973.

Closing date: 19 December 2008. Interview date: 15 January 2009.

Play Area Officer

£24,331 - £28,862 **Ref: 50010195/MKN**

We're looking for a Play Area Officer to manage play areas and opportunities within parks and open spaces. Your experience of managing a play area, parks, and open spaces service and working with customers to improve this service will be complemented by an understanding of play area design.

For informal enquiries please contact Peter Goff on 01908 254013.

Closing date: 19 December 2008.

Interview date: wk. comm. 12 January 2009.

Community Sports Coach Sailing/Paddle Sports

£20,591 - £25,146 **Ref: 50016330/MKN**

A competent dinghy sailor and canoeist, you will deliver sailing and canoeing programmes for RYA OnBoard and BCU PaddlePower in the area. You will need excellent communication, leadership, and risk assessment skills, relevant qualifications, and a proven track record of teaching sailing and paddle sports to young people and adults.

For informal enquiries please contact Graham Foster on 01908 232042.

Closing date: 19 December 2008. Interview date: 8 January 2009.

Social Work Assistant

£17,574 - £25,146 **Ref: 50011067/MKN**

A key member of our duty team within Adult Social Care, you will offer practical assistance and support to service users and their carers on a short-term basis. Enthusiastic and flexible with strong communication skills and initiative, you will have experience of working in a social care environment.

For informal enquiries please contact Zena Scott or Sally Ricketts on 01908 253772 or 01908 253773.

Closing date: 19 December 2008. Interview date: 6 January 2009.

Senior Administration Officer

£17,574 - £21,244 **Ref: 50017101/MKN**

In this key role in Adult Continuing Education, you will provide general support, including overseeing the day-to-day administration of the management information system and monitoring paperwork. A team player, able to provide advice at all levels, you will have a Level 2 qualification or recent experience of adult learning.

For informal enquiries please contact Alan Frost on 01908 556752.

Closing date: 19 December 2008.

Admin Assistant - Training

£15,524 - £18,217 **Ref: 50012239/MKN**

You will provide a registration operation for our training programme and organise the facilities and services to meet requirements. You will also provide high quality administrative, clerical, and secretarial support to the Early Years and Childcare Team, including handling enquiries from individuals and organisations, and setting up electronic and paper filing systems. A proven track record of providing direct administrative support will be essential.

For informal enquiries please contact Gwen O'Sullivan on 01908 254526.

Closing date: 19 December 2008.

Interview date: wk. comm. 5 January 2009.

To apply online visit: www.theplacetobe.info

For an application form, email: jobs@milton-keynes.gov.uk call us on 01908 253344 or 253462 (24 hour answerphone). If you have a hearing impairment and have access to Minicom please phone 01908 252727 (office hours only). Please quote appropriate reference. Salaries will normally start at the first point of the grade.

We are unable to accept CVs, unless accompanied by a completed application form.

It's ability, not disability that counts

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Appointments Commission
Adding value to public appointments

3 Non-Executive Directors

Milton Keynes Hospital NHS Foundation Trust
Ref: FT8958

Milton Keynes Hospital is a 500-bed district general hospital providing a full range of acute hospital services to the city of Milton Keynes and the surrounding areas.

Becoming a Foundation Trust last October was a major milestone. It marked a new era for the Trust and brings opportunities to develop new ways of working to ensure that local people get the best possible care to meet their needs.

The Trust is seeking 3 outstanding individuals to join the Board as Non-Executive Directors to fill vacancies arising from retirement, promotion and the need for an additional Board member.

For all posts, senior/board level experience in a large and complex organisation is essential. In addition, the successful candidates will bring:

- For post 1: Finance expertise, preferably with a recognised financial qualification
- For posts 2 and 3: Commercial expertise is required, a background in HR would be an advantage

Remuneration will be £12,000 per annum for a minimum of 3 days per month. This may be during the working day and in the evening.

Candidates must live in the Trust catchment area.

For more information please visit www.appointments.org.uk or call 0870 240 3802 quoting the reference FT8958 for an information pack and application form.

Closing date: 5 January 2009.

BECOME AN ENERGY ASSESSOR

- Flexible part or full-time career opportunities available
- Residential, Commercial & Multi-Skilled Assessor trainees needed
- No experience necessary
- Candidates urgently required to start Government's ABBE approved training now

Ref: MT1808

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Due to an increase in numbers require;
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full time, NVQ Level 2. Training provided.
Qualified Nursery Nurse
for supply work.
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May suit an A level or University student.
Please contact
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BECOME A MULTI-SKILLED ENERGY ASSSESSOR

New 'green' laws now require all homes and commercial properties being rented, sold or built to have an Energy Assessment – 2.5 million estimated in the next 12 months alone regardless of recession, credit crunch or housing market downturn.

Applicants are required to train as Assessors **now** at our nationwide Centres approved by the Government-appointed Awarding Body for the Built Environment. **No previous experience necessary**, training is subsidised and usually taken around current job and commitments. On qualifying you can be available for potential **flexible** work through our Energy Assessor Panel, start your own Assessor business or work for other Assessment Providers.

Fees are **£60 to £80 for domestic** and **£300 to £1,200 for commercial properties** – up to 15 Domestic or 4 Commercial Assessments are estimated to be carried out in a week, subject to size of properties and supply.

Further income-earning opportunities are being researched for Assessors to further qualify and carry out Flood and Fire Risk Assessments, Insulation Surveys, Energy Audits, Property Valuations, Home Inspections and Public Buildings Assessments. **To find out more about starting a career in this new, fast-expanding, environmentally important 'green' industry ring for an interview -**

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Speedline on 01908 260 260

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Willen Pavilion
Manager and Deputy Manager

Willen Pavilion is a new community centre and sports ground providing facilities for community and sports groups. The management committee wishes to appoint the following staff:

Manager
14 hours per week - £6.90 per hour

Deputy Manager
12 hours per week - £6.00 per hour

The Manager will be responsible for liaising with hirers regarding bookings and both staff will open and close the building and clean the premises. Evening and weekend work is required.

For further information and a job description, please contact Sue English, Secretary, tel: 01908 665193 or email sue-english@milton-keynes.gov.uk

.....these are the kinds of words used to describe our Advertising Sales team here at the MKNEWS (although other words are sometimes used!). If you're outgoing, persuasive and fancy working in a busy but fun media environment this may be the perfect role for you!

Office based

Advertising Sales Advisor

The MK News is part of Iliffe News and Media Ltd and is one of the UK's fastest growing regional newspapers. We're now looking to recruit a Sales Advisor to join our current busy team selling advertising solutions to local business.
Sales experience is not necessary (although is always helpful), but a confident and persuasive personality coupled with excellent customer service and administration skills are very important.
This role is predominantly office based, and would involve talking to existing and new customers about their marketing and advertising needs both on the telephone and face to face, therefore the ability to cold call is essential..
Candidates need to have an excellent telephone manner and be happy working within small teams and working to deadlines

We offer....
- £12,000 - £15,000 per year basic (dependant on skills and experience)
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To apply please email your C.V. with covering letter to: hazel.basford@mk-news.co.uk or alternatively telephone 01908 242490 for an application pack.

As a member of Iliffe News & Media we also publish weekly newspapers and websites across Herts, Beds, Bucks, Cambs, Essex and the Midlands.

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Advertising Deadline: Tuesday 5.00pm

Iliffe Digital

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Iliffe Digital Media provides web design and development services to private and public sector organisations throughout the UK. Our clients include Iliffe News & Media, Milton Keynes Council and MKWeb.co.uk.

We are looking for an experienced **Web Developer** to join our talented team to work on projects ranging from the development and launch of websites for newspapers and magazines; portals and websites for local authorities; microsites and web applications

Primary skills required include:

- Minimum of 2 years previous experience writing ASP.Net and C# for Web Applications
- CSS and JavaScript
- Experience with Microsoft SQL Server Databases
- A working knowledge of ASP would be advantageous

Salary and benefits package commensurate with experience

For your application pack please contact
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Hours of work will be 9.00am to 5.00pm. Additional hours may be required to meet the needs of the business.

Preferred qualifications:-

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penny.knighton@rolton.com

Closing date for applications - 11 December 2008.

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- To assist with the maintenance and development of other information systems.
- To design and co-ordinate the information delivery systems within the College.
- To develop reports within the College Microsoft Access/SQL Server reporting systems, and to take a lead in further developing these tools.

We are seeking applicants with skills/experience of developing systems within the .net framework, and Microsoft SQL Server. Familiarity with SharePoint would be an advantage.

Closing date for completed applications 11th December 2008
Interviews will be held on 17th December 2008.
Start Date: As soon as possible

INVESTOR IN PEOPLE

For an application form and further details, tel: 01582 877563 (24 hour answerphone) or email: jobs@lutonsfc.ac.uk. To apply online please go to www.FEjobs.com

Luton Sixth Form College is an equal opportunity employer. It is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The successful applicant will be required to undertake an enhanced disclosure via the CRB.

www.lutonsfc.ac.uk

Beacon Status

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MKNEWS

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11 - 19 Comprehensive School in Milton Keynes with Specialist Technology College status

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- Data input on student detentions via Behaviour Management computerised system
- Being pro-active in respect of pastoral care to ensure a climate of student support in both learning and the morale of the school
- Maintaining student records to ensure they are up to date and to prepare reports on these when required

You will need to demonstrate:

- A full understanding of the importance attached to student support
- The ability to work well with young people
- Good computer and administrative skills

Closing date for applications is Friday 12th December, with interviews being held week commencing 15th December 2008.

For an application pack please contact Allison Austin at:

Denbigh School, Burchard Crescent, Shenley Church End, Milton Keynes. MK5 6EX. Tel: 01908 330545 (direct dial)
For more information about Denbigh School, look at our web pages - www.denbigh.net

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Public Notices

DESIGNATION OF STREETS IN WHICH TRADING IS PROHIBITED

Notice is hereby given that on 18th June 2008 the Milton Keynes Council passed a resolution to prohibit street trading under paragraph 2(1) (a) of Schedule 4 of the Local Government (Miscellaneous Provisions) Act 1982.

All streets listed below (including all roads, footways, forecourts or other areas adjacent to the streets referred to in this resolution for a distance of 75 metres from the centre line of each street) shall be so designated and shown on a map which can be examined at Civic Offices, 1 Saxon Gate East, Central Milton Keynes. The effective date will be 1st December 2008.

Their previous designation as Consents Streets is rescinded.

HEELANDS
Swinden Court
Glovers Lane

Philip Winsor,
Chief Community Protection Officer
Milton Keynes Council,
Civic Offices, Saxon Gate East,
Central Milton Keynes

MILTON KEYNES COUNCIL

Walton High: Enlargement and Proposed Increase to Published Admission Number

Notice is given in accordance with section 19(3) of the Education and Inspections Act 2006 that Walton High Governing Body intends to make a prescribed alteration to Walton High (Foundation School), Fyfield Barrow, Milton Keynes MK7 7WH from 01 September 2011.

Walton High proposes to enlarge the school and increase the Published Admission Number from 210 to 240 starting with the Year 7 entry in 2011. To accommodate the additional students, two additional teaching blocks will be constructed on the existing site.

An additional 30 students will be added to each Year 7 cohort from 2011.

The current capacity of the school is 1337 and the proposed capacity will be 1550. The current number of students registered at the school is 1456. The current published admission number for all year groups in the school is 210 and the proposed admission number will be 240, commencing with Year 7 in 2011 and each Year 7 cohort thereafter. This means that by September 2015 the admission number for each of Years 7-11 inclusive will be 240.

The Local Authority and Governing Body will implement the proposal from September 2011. £6 million of capital funding has been approved via the Council's capital programme to secure the additional accommodation described above.

This Notice is an extract from the complete proposal. Copies of the complete proposal can be obtained from: www.waltonhigh.org.uk or by phoning Walton High on 01908 677954.

Within four weeks from the date of publication of these proposals, any person may object to or make comments on the proposal by sending them to Marie Denny, School Organisation & Planning, Milton Keynes Council, Saxon Court, 502 Avebury Boulevard, Central Milton Keynes MK9 3HS.

Signed: Marilyn Moffat, Chair of Governors

Publication Date: 3 December 2008

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The successful contractor will be responsible for providing a fully comprehensive service to the Trust for a period of 12 months from 1st April 2009 (with an additional 12 month option).

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To register your interest please email Tom Devine, Head of Procurement at tom.devine@bedfordhospital.nhs.uk or write to the same at the above address.

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BUBBLY attractive 52yr old female, dark hair, blue eyes, likes meals out, walks, swimming, theatre, seeks genuine male with GSOH for friendship, maybe more. **Tel No: 0906 199 8100 Box No: 341562** 📷

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98 (R)	**PUMA 1.7,** silver, 3dr, 3 owners, PAS, e/w, c/l, a/c, alloys, stereo, MoT, vgc	£1,595
03 (53)	**FIESTA 1.3 5dr,** black, one lady owner, PAS, e/w, c/l, a/c, CD, MoT, vgc	£3,295
99 (T)	**FIESTA ZETEC 3dr,** met blue, PAS, c/l, s/r, stereo, MoT, tax, vgc	£1,295
02 (52)	**KA 1.3,** met red, 2 owners, 25k, history, PAS, airbag, stereo, MoT, vgc	£2,495
01 (51)	**KA COLLECTION,** silver, colour coded, 2 owners, 56k, PAS, e/w, c/l, stereo, MoT, vgc	£2,295
99 (S)	**KA 1.3 3dr,** met green, PAS, stereo, airbag, immobiliser, new MoT, vgc	£1,295
99 (S)	**KA 1.3 3dr,** met red, 3 owners, PAS, stereo, alarm, new MoT, vgc	£1,195
97 (R)	**KA 1.3 3dr,** red, 62k, stereo, MoT, vgc	£1,095
97 (P)	**KA2 1.3 3dr,** met blue, 74k, PAS, e/w, c/l, alloys, stereo, new MoT, vgc	£1,295
03 (53)	**CORSA ELEGANCE 1.0 3dr,** met blue, 44k, 2 owners, PAS, e/w, c/l, a/c, stereo, MoT	£2,995
01 (51)	**CORSA 1.0 3dr,** met blue, 59k, 2 owners, PAS, e/w, remote c/l, CD, MoT, vgc	£2,495
00 (X)	**CORSA 1.0 3dr,** blue, 58k, CD, MoT, tax, vgc	£1,295
00 (X)	**CORSA 1.0 GLS 3dr,** red, 2 owners, 47k, PAS, e/w, c/l, stereo, MoT, vgc	£1,595
01 (51)	**PEUGEOT 307 1.6 5dr,** met grey 57k, 2owners, PAS, e/w, c/l, a/c, CD, MoT, vgc	£2,995
04 (54)	**PEUGEOT 206 1.1 3dr,** met dark blue, 2 owners, 54k, PAS, e/w, remote c/l, CD, MoT, vgc	£3,295
01 (51)	**PEUGEOT 206 1.1 3dr,** blue, 2 owners, PAS, e/w, e/w, remote c/l, 16" alloys, MoT, vgc	£2,195
01 (Y)	**PEUGEOT 206 LX 3dr,** met electric blue, 52k, PAS, e/w, c/l, a/c, CD, MoT, vgc	£2,595
01 (Y)	**PEUGEOT 206 LX 5dr,** met silver, PAS, e/w, c/l, a/c, stereo, MoT, vgc	£2,395
01 (Y)	**PEUGEOT 206 LX 1.4 3dr,** black, 68k, 2 owners, PAS, e/w, e/sr, remote c/l stereo, MoT,	£2,695
00 (X)	**PEUGEOT 206 1.4 ROLAND GARROS 5dr,** met green, cream leather, PAS, e/w, c/l, Panoramic roof, alloys, CD, MoT	£2,595
00 (W)	**PEUGEOT 206 1.1 LX 5 dr,** silver, 65k, 2 lady owners, PAS, e/e, c/l, stereo, MoT, vgc	£2,495
00 (W)	**PEUGEOT 106 ZEST 1.1 3dr,** silver, 34k, PAS, s/r, stereo, MoT, vgcm	£1,595
01 (51)	**LAGUNA 1.6 16V EXPRESSION,** met green, 51k, FSH, 2 owners, PAS, e/w, c/l, a/c. CD, MoT, vgc	£1,995
01 (51)	**LAGUNA 1.8 EXPRESSION,** met silver, 65k, 2 owners, PAS, e/w, c/l, a/c, CD, MoT	£2,295
01 (51)	**MEGANE AUTHENTIQUE 1.4 5dr,** 1 owner, PAS, e/w, remote c/l stereo, MoT, vgc	£1,695
03 (03)	**CLIO 1.2 16V 3dr,** met silver, 51k, 3 owners, PAS, e/w, c/l, CD, MoT, vgc	£2,795
00 (X)	**CLIO GRANDE RN 1.2 5dr,** met red, 52k, 2 owners, PAS, e/w, c/l, s/r, stereo, MoT, vgc	£2,195
99 (V)	**CLIO 1.2 GRANDE RN 5dr,** met blue, 54k, FSH, PAS, s/r, a/c, c/l, MoT, vgc	£1,895
99 (V)	**CLIO 1.4 5dr,** met gold, PAS, e/w, c/l, s/r, stereo, MoT, vgc	£1,695
00 (W)	**CLIO 1.6 RSI 3dr,** met green, PAS, e/w, c/l, a/c, alloys, MoT, vgc	£1,995
98 (S)	**CLIO GRANDE RN 1.2 3dr,** red, 68k, PAS, c/l, s/r, stereo, MoT, vgc	£1,595
98 (S)	**CLIO 1.2 RN 3dr,** blue, 64k, 3 owners, s/r, stereo, MoT, vgc	£1,495
01 (51)	**SAXO 1.1 DESIRE 3dr,** met blue, 58k, 2 owners, PAS, e/w, c/l, s/r, stereo, MoT, vgc	£1,795
98 (R)	**SAXO 1.1X 3dr,** blue, genuine 32k, 2 owners, air bag, stereo, MoT, vgc	£995
03 (53)	**STILO 1.6 16V 5dr,** met silver, 2 owners, 48k, PAS, e/w, c/l, a/c, CD, MoT, vgc	£2,995
02 (52)	**FIAT STILO 1.6V DYNAMIQUE 5dr,** met blue, 2 owners, 58k, 6spd, PAS, m e/w, c/l, MoT, vgc	£2,495
01 (Y)	**FIAT BRAVO 1.2 SX 3dr,** met silver, 2 owners, 64k, PAS, e/w, c/l, e/sr, stereo, MoT, vgc	£1,695
00 (W)	**BRAVO 1.2 SX 3dr,** met blue, 2 owners, PAS, e/w, c/l, e/sr, stereo, MoT, tax	£1,495
03 (53)	**PUNTO 1.2 3dr,** black, 2 owners, 51k, PAS, c/l, stereo, MoT, vgc	£2,495
03 (53)	**PUNTO 1.2 5dr,** met blue, 2 owners, 56k, PAS, e/w, c/l, stereo, MoT, vgc	£2,495
01 (Y)	**FIAT PUNTO 1.2 3dr,** black, 64k, PAS, stereo, MoT, vgc	£1,795
01 (Y)	**PUNTO1.2 5dr,** met red, 2 owners, 62k, PAS, c/l, stereo, MoT, vgc	£1,695
00 (X)	**PUNTO 1.2 3dr,** met red, 2 owners, PAS, stereo, MoT, vgc	£1,495
00 (X)	**VW GOLF 1.4E,** black, 2 owners, 75k, history, PAS, CD, MoT, vgc	£2,695
99 (T)	**VW POLO 1.4 CL 5dr,** blue, PAS, e/w, c/l, stereo, MoT, vgc	£1,395
99 (T)	**VW POLO 1.4 CL,** black, PAS, e/w, c/l, stereo, MoT, vgc	£1,395
99 (T)	**VW POLO 1.6 GL 5dr,** red, 2 owners, 62k, PAS, e/w, c/l, stereo, MoT, vgc	£1,495
02 (52)	**HYUNDAI AMICA 5dr,** silver, 2 owners, 60k, PAS, e/w, c/l, stereo, MoT, vgc	£1,695
00 (W)	**NISSAN MICRA 1.0 3dr,** silver, PAS, s/r, stereo, airbag, MoT, vgc	£1,595
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97 (P)	**FRONTERA 2.2 16V LWB 5dr,** met blue, PAS, e/w, c/l, alloys, new MoT	£995
98 (S)	**SKODA FELICIA 1.3 5dr,** red, 77k, stereo, s/r, new MoT, vgc	£595
98 (R)	**SAXO 1.1X 3dr,** blue, genuine 32, air bag, stereo, MoT, vgc	£995
97 (P)	**FIESTA ZETEC 1.25 5dr,** met green, PAS c/ s/r stereo, MoT, tax, vgc	£795
97 (P)	**ROVER 214 5dr,** white, PAS, c/l, stereo, MoT, tax, vgc	£595
95 (N)	**CLIO 1.2 3dr,** met blue, s/r, stereo, new MoT	£495
95 (M)	**CLIO 1.2 5dr,** BE BOP white, s/r, immobiliser, stereo, MoT, tax, vgc	£595
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00 (W)	**MERCEDES ESTATE E320 ELEGANCE AUTO/TIPTRONIC,** 70k, 2 owners, leather, a/c, alloys, e/seats, full spec	£9,595
00 (W)	**ZAFIRA 1.6 156V 7 SEATER,** met blue, 64k, PAS, e/w, remote c/l, a/c, stereo, MoT, vgc	£2,495
01 (Y)	**FIAT MULTIPLA 1.6 Petrol 6n Seater,** silver, PAS, e/w, c/l, new MoT, vgc	£1,695
01 (51)	**XSARA PICASSO 1.8 5dr,** met graphite, 2 owners, PAS, e/w, c/l, a/c, CD, MoT	£2,295
99 (V)	**FOCUS TURBO DIESEL ESTATE GHIA,** silver, PAS, e/w, c/l, a/c, CD, MoT, vgc	£1,995
99 (S)	**LAND ROVER FREELANDER 3dr SWB,** met BRG, PAS, e/w, c/l, a/c, removeable soft top. MoT, vgc	£1,995
97 (P)	**FRONTERA 2.2 16V LWB 5dr,** met blue, PAS, e/w, c/l, alloys, new MoT	£995
	AUTOMATICS	
99 (V)	**CLIO RXE 1.6 AUTO,** met blue, 61k, PAS, e/w, c/l, a/c, alloys, stereo, MoT, vgc	£1,895
	DIESELS	
97 (P)	**VOLVO V40 DIESEL 1.9,** red, PAS, e/w, c/l, stereo, MoT, vgc	£995
99 (V)	**ASTRA ENVOY 1.7 TD 5dr,** met red, PAS, s/r, stereo, MoT, vgc	£1,295
99 (V)	**FOCUS TD ESTATE GHIA,** silver, PAS, e/w, c/l, a/c, CD, MoT, vgc	£1,995
	VANS	
02 (52)	**CITROEN BERLINGO 2.0 HDi,** blue, PAS, stereo, MoT, vgc	£1,995
00 (X)	**NISSAN VANETTE DIESEL,** red, sling door, 64k, PAS, stereo, MoT, vgc throughout	£1,595

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FIXTURES 2008-09

DONS' SCORE FIRST

August

9	Leicester	A	0-2
12	Norwich (CC)	H	1-0
16	Northampton	H	1-0
23	Huddersfield	A	3-1
26	Cardiff (CC)	A	1-2
30	Swindon	H	1-2

September

6	Yeovil	H	3-0
13	Oldham	A	0-2
20	Colchester	A	3-0
27	Peterborough	H	1-2

October

4	Millwall	A	4-0
7	Bournemouth JPT	H	0-1
11	Carlisle	H	3-1
18	Crewe	A	1-1
21	Stockport	H	1-2
25	Cheltenham	H	3-1
28	Leyton Orient	A	2-1

November

1	Tranmere	H	1-0
8	Bradford (FAC)	H	1-2
15	Hartlepool	A	3-1
22	Walsall	A	3-0
25	Hereford	H	3-0

December

6	Scunthorpe	H
12	Brighton	A
20	Leeds	H
26	Bristol Rovers	A
28	Southend	H

January

3	Peterborough	A
12	Colchester	H
17	Carlisle	A
24	Millwall	H
27	Leyton Orient	H
31	Cheltenham	A

February

3	Stockport	A
7	Crewe	H
14	Hartlepool	H
21	Tranmere	A
28	Leicester	H

March

3	Northampton	A
7	Swindon	A
10	Huddersfield	H
14	Oldham	H
21	Yeovil	A
28	Leeds	A

April

4	Brighton	H
10	Southend	A
13	Bristol Rovers	H
18	Scunthorpe	A
25	Walsall	H

May

2	Hereford	A

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Woolly jumper: Willy Gueret

The long and the short of it: Tore Andre Flo in training with Miguel Angel Llera alongside

Dobson's choice

LEAGUE ONE TABLE

		P	HOME W	D	L	F	A	AWAY W	D	L	F	A	GD	PTS
1	Leicester	18	6	2	1	13	6	5	3	1	18	10	15	38
2	**MK Dons**	**18**	**6**	**0**	**3**	**17**	**8**	**6**	**1**	**2**	**20**	**9**	**20**	**37**
3	Millwall	18	7	1	1	13	7	4	2	3	14	14	6	36
4	Oldham	18	6	2	1	22	9	4	2	3	12	13	12	34
5	Peterborough	18	6	2	1	21	9	3	4	2	12	11	13	33
6	Scunthorpe	18	5	2	2	17	11	5	1	3	16	13	9	33
7	Leeds United	18	6	1	2	21	11	4	1	4	11	11	10	32
8	Stockport	18	3	4	2	11	8	5	3	1	14	6	11	31
9	Tranmere	18	5	1	3	17	11	3	2	4	9	12	3	27
10	Walsall	18	5	0	4	17	16	3	3	3	12	12	1	27
11	Southend	18	5	2	2	13	9	2	4	3	15	19	0	27
12	Hartlepool	18	4	3	2	22	17	3	0	6	7	13	-1	24
13	Northampton	18	4	3	2	14	9	2	2	5	11	15	1	23
14	Huddersfield	18	2	3	4	12	15	4	2	3	13	15	-5	23
15	Bristol Rovers	18	4	2	3	20	14	1	5	3	14	16	4	22
16	Colchester	18	2	2	5	9	11	4	1	4	20	21	-3	21
17	Carlisle	18	5	1	3	18	13	1	1	7	6	19	-8	20
18	Leyton Orient	18	2	3	4	7	12	3	2	4	7	10	-8	20
19	Swindon	18	3	2	4	15	17	1	5	3	14	17	-5	19
20	Brighton	18	2	4	3	12	13	2	3	4	9	13	-5	19
21	Yeovil	18	2	5	2	10	10	2	1	6	5	15	-10	18
22	Hereford	18	3	2	4	9	8	0	1	8	2	20	-17	12
23	Cheltenham	18	3	2	4	12	15	0	1	8	7	26	-22	12
24	Crewe	18	2	2	5	12	18	0	1	8	9	24	-21	9

BY ROB GIBSON

rob.gibson@mk-news.co.uk

MK Dons winger Craig Dobson has joined Bucks rivals Wycombe Wanderers on a short term loan deal.

The skilful wide man has been hampered by injuries since signing from Stevenage Borough in January this year and will join up with former boss Peter Taylor until December 28.

The move went through on Thursday and will give Dobson the chance of regular first team football at the top of League Two.

Wycombe are the only side that remain unbeaten in the football league this season and Taylor has been keeping an eye on Dobson's progress since the pair worked together at Broadhall Way.

However, Dobson was an unused substitute as Wycombe crashed out of the FA Cup on Saturday, losing 2-0 in the second round at Eastwood Town, from the Unibond League Premier Division.

Craig Dobson in action against Cardiff

PREVIEW

SCUNTHORPE
League One
Saturday, December 6
stadiummk KO 3pm

Injuries could be the order of the day as Dons take on a strong Scunthorpe side. They have lost their last two league fixtures but a confidence-boosting FA Cup win at the weekend well give them heart.

With second top scorer Paul Hayes (fractured cheekbone) not expected back until January and central defender Kenny Milne (knee) also out The Irons will hope that their impressive away record of five wins will be increased.

With worries over Dean Lewington (ankle), Jude Stirling (knee) and Danny Swailes still on the sidelines the suspension of Miguel Angel Llera will mean a shake-up at the back for the Dons.

Fitness coach Ade Mafe believes that the short break the Dons have had will be to their advantage as they head into what is going to be a very hectic December.

Scunthorpe will be hoping that Gary Hooper with 13 goals in all competitions this season will have his scoring boots on.

While Dons fans are still waiting for an appearance from newly-signed Tore Andre Flo.

VIEW FROM THE MOOCAMP

FANCY a Christmas present with a difference - an MK Dons half season ticket could be just the thing.

The club is offering the ticket as Roberto Di Matteo's men look to challenge for a place in the Championship.

Building on their League 2 title win last term, the Dons have made a fantastic start to their first season back in League 1 and have given themselves a wonderful chance of achieving back-to-back promotions.

Nearly 10,000 supporters have been part of the Dons' early-season surge every week at stadiummk. But that was just the warm-up. Now the twists and turns really begin.

For every team battling it out in the tightest League 1 season for years, hopes will be dashed and then rekindled, dreams will be shattered and then realised and defining moments, remembered for years to come, might just be created.

Starting at just £130 for adults and £25 for juniors and beginning with the game against Southend United on December 28, the MK Dons half season ticket offers you the chance to see all the thrills and spills at a fantastic price. That's less than £11-per-game for an adult or £2-per-game for juniors and remember, under 7s go free!*

DONS manager Roberto Di Matteo is on the shortlist for November's Coca-Cola League 1 Manager of the Month award.

Di Matteo's Dons roared to victory in all four of their league games in the month and surged to second in the table, just a point behind leaders Leicester City.

The men from MK have also been fantastic value for their success in November, scoring an impressive 10 goals in their four wins, and conceding just once.

A 1-0 win at home to Tranmere at the start of the month was followed by a 3-1 win at Hartlepool and 3-0 victories over both Walsall and Hereford.

It's a spell that has seen the Dons, in their first season back in League 1 following promotion last term, emerge as serious promotion contenders in a hugely competitive division.

Also nominated for the November award in League 1 are Peterborough United boss Darren Ferguson, Leicester City manager Nigel Pearson and Leyton Orient chief Martin Ling.

The winner will be announced Thursday lunchtime on Sky Sports News.

FROM this month the Dons have reduced ticket prices in line with the Government's reduction in VAT.

Tickets for matches taking place after December 1 2008 can be found in detail on the clubs website.

Tax refunds of 2.5 per cent on casual ground and casual Club Red tickets already purchased for the games against Scunthorpe United, Leeds United and Southend United can be claimed by supporters up until December 31 2008. Supporters wishing to claim a tax refund should bring their match ticket to the MK Dons Box Office before this date.

Any tax refunds due and not reclaimed by December 31 2008 will be donated to the MK Dons Sport and Education Trust.

Please note that tax refunds are not applicable to tickets purchased as part of the four tickets for £20 promotion for the fixture with Scunthorpe on December 6.

Due to the VAT reduction only taking effect from December 1 2008, current season ticket holders will not be subject to tax refunds as the Club has already paid 17.5 per cent VAT to HMRC. However, season ticket holders renewing for the 2009/10 season will pay 15per cent VAT for the whole season, despite the projected increase in VAT to 17.5per cent from January 2010.

The new rate of 15per cent has already been applied to 2008/09 half season tickets.

MKSPORT

Lightning strikers hit top form

ICE HOCKEY

Telford Tigers 2
MK Lightning 8

MK Lightning 7
IOW Raiders 4

GARY Clarke was on top scoring form over the weekend, netting no less than five times as MK Lightning picked up two wins.

On Saturday evening Lightning travelled to Telford and handed the Tigers an 8-2 thrashing.

Clarke, a former Telford player, was the star of the night hitting the net four times including a shorthanded first period goal.

Michael Wales opened the scoring and Grant McPherson made it two before Clarke hit a brace in the first period to give Lightning a 4-0 lead for the period.

Clarke collected his hat-trick and was the only scorer for Lightning in the second period as the Tigers nicked a couple of goals to give a turnround score of 5-2.

An early Chris McEwen score in the third crushed any hopes that Telford may have had of a revival and further goals from James Archer and Gary Clake hit his fourth of the game to complete the score line.

On Sunday a flurry of goals in the final period meant the Isle of Wight Raiders were sent packing with a 7-4 defeat.

Early exchanges saw the lead change hands with Andre Smulter opening the scoring for Lightning, two goals from IOW gave them the lead until Gary Clarke squared the game at two each at the end of the first period.

A Nick Poole goal in the second gave Lightning a narrow lead but a big third period saw McEwen, Smulter, Archer and Carr all hitting the target for a comfortable win.

Lightning host Guildford flames on Saturday at 7pm and travel to Peterborough on Sunday with a 5.30pm start.

■ LAST week we ran a story in the newspaper that the team had lost against Sheffield. This was a genuine mistake on our part, as our website stated they actually demolished Sheffield Scimitars 5-2. We would like to apologise to fans and the club for this error.

Keep up to date on the team on our website www.mk-news.co.uk

Lions miss chances

BASKETBALL

MK Lions 80
Sheffield Sharks 74

Worthing Thunder 83
MK Lions 77

IT was a weekend of mixed emotions for MK Lions coach Vince Macauley.

He saw his team eventually come through a tight encounter with Sheffield Sharks at Bletchley Leisure Centre 80-74 last Friday to move into sixth place in the BBL.

Only to then see his team lose at Worthing on Sunday, 83-77.

The match with Sheffield was tied at the end of the first three quarters, but a 12-1 burst by the home side, capped off by a Terrell Brown three, broke the game open 68- 59 and the Sharks couldn't get any closer than five points after that.

Brown, who scored a game-high 23-points was in excellent form throughout. His two early threes gave Lions a 12-8 lead, but treys by Sharks' Perry Lawson, Chris Sanders and James Whyte ensured the first quarter ended level at 21-21.

Sharks controlled most of the second quarter holding five-point leads at 29-34 and 31-36 after threes by Joel Burns and Whyte respectively. Lions closed the half on an 8-3 run to restore parity as the teams heading into the locker rooms 39-39.

It was the visitors who began the second half best. A 10-1 run with threes by Sherman Rivers and Whyte handed them their biggest lead of the night at 40-49. However, a 16-4 tear by Lions with two threes from Yorick Williams and one from Brown, put them back in front until a Joel Burns three again levelled the scores at 56-56.

The decisive break came from the Lions as they put together a 12-1 run to lead 68-59. Sharks closed to 71- 66 and 79-74 on the back of Chris Sanders' free throws, but Lions kept their cool from the charity stripe to seal the win.

Vince Macauley, Lions coach, said: "That puts us back to 500 and now we can make a challenge further up the BBL Championship table. Sheffield were a tough side, but we resisted what they could throw at us."

However, the weekend ended on a low when the team failed to put away a battling Worthing side.

The first quarter saw the Worthing team miss just two shots going 10 for 12 as they led 24-21 on the back of nine Ivanovskis points. The Lions had been shot shy but a late effort from Yorick Williams saw them put 21 points on the board.

As the second started, time and again the Thunder were there to be blown away but the Lions just dilly dallied and eventually allowed their hosts back in again as they went into the half time break one point to the good 40-39.

The scrappiness continued in the third as the south coast side, despite rapidly running into foul trouble, continued to harass and chase their opponents. Again the Lions had chances to open up a big lead but did not, a late 8-1 run for the hosts in which Ryan Patton was prominent, saw them lead 62-56 at the end of three.

As the fourth progressed the home side led by as many as nine points. Slowly the Lions started to work their way back and when Terrell Brown hit a three, they were down three with just over a minute to go, a foul led to two Thunder points and as the Lions missed on the next posession, Brown was called for an unsportsmanlike foul as the visitors trailed by 8. An unsportsmanlike the other way with five seconds left allowed Mike new to hit two free throws and despite a three from Tommie Eddie rimming out, the Thunder claimed their victory, 83-77

Mr Macaulay added: "If the guys aren't in a frame of mind to play, then that's my fault, I have to do something about it"

■ The Lions are next in action at home to Leicester Riders on Sunday. Tip off 4pm.

Full stretch: Captain Dru Spinks gets a hand from Robert Youngblood

Bletchley's lads perform despite third loss on trot

RUGBY

Cheltenham 21

Bletchley 13
South West 2 East league

AFTER two defeats in two weeks Bletchley, made the long journey to strong league opposition Cheltenham in the knowledge that they had lost both matches against their opponents the previous season.

It would not have been surprising had any Bletchley spectators had concerns as to whether or not the Bletchley side had sufficient passion and mental drive for an away match that was going to be difficult.

Once again, there had been a slight reshuffle of the side due to one or two unavailabilities but the encouraging signs were that some of the club's injured players were coming back to strengthen the side.

From the kick off Bletchley started to put some pressure on the Cheltenham side, winning some good ball, recycling it quickly and some astute kicking by flyhalf Phil Harman kept this pressure up for some 5 minutes.

However in almost the first sortie into Bletchley's half, following a scrum the Cheltenham No 8 picked up from the base and drove through a couple of poor Bletchley tackles to score under the posts, this was converted.

The rest of the half was pretty evenly contested but Bletchley's play seemed at odds with the referee's interpretation and Bletchley conceded a number of penalties of which two were converted by Cheltenham and resulted in a yellow card and 10 minutes off the field for the Bletchley No 8.

While Bletchley were down to 14 men and with only a few minutes of the half to go, Cheltenham caught Bletchley napping following a spilt ball and a resultant scrum which the home side won. Cheltenham worked the ball out to their winger who scored an unconverted try in the corner. However Bletchley came straight back forcing Cheltenham to infringe and allowing Harman to convert a penalty for the three points and make the half time score at 18-8.

Bletchley started where they left off after the break and although Cheltenham really stepped up the pace, the visitors still kept their defensive shape and withstood some good pressure.

It was almost 10 minutes into this pressure before the referee saw some Bletchley infringement and Cheltenham converted the resulting penalty to make it 21pts to 8pts.

The forwards played with real heart and commitment and this reflected in the performance of the backs, who also played very well with both centres holding on to their passes, running very sensible lines and tackling extremely well.

Following some great phases of play from the forwards and with the backs making some good breaks, the constant pressure from Bletchley finally paid of with about two minutes left when lock Adam Dempsey drove over from a few yards.

Although the final score remained at 21pts to 13pts, Bletchley were delighted with their performance

This Saturday they take on Wallingford at Manor Fields.

SPORTSSHORTS

Local football

NEW Bradwell were on the wrong end of 3-1 result at Bedford at the weekend Buckingham Athletic also went down 2-0 to Bedford Town Reserves. But there was good news for Stony Stratford who picked up a fine 3-1 away win at Cranfield.

In Division two Bletchley Town and Mursley United served up a 3-3 thriller.

Newport Pagnell remain near the top of the United Counties Premier division after a 2-1 away win at Desborough.

Danny Nicholls and Jordan Spruce were on target for the Swans. The team are fourth with games in hand and are unbeaten in their last 16 matches.

Gym passes test

MK Springers gymnasts and coaches are celebrating the club passing its recent Gym Mark re-accreditation inspection.

The Gym Mark scheme has been developed by British Gymnastics, in partnership with Sport England and the Home Country Sports Councils, to provide recognition for clubs that are committed to providing quality experiences.

It means that clubs will be recognised by British Gymnastics, Sport England and the Home Country Sports Councils.

High flyer

THIRTEEN-YEAR-OLD trampoliner Michael Bunyan from Shenley Brook End enjoyed a very successful trip to Hull recently. Improving by nine places on his performance in the National Championships in July, Michael finished second in the English Championships.

After a high scoring set routine Michael consolidated his position by producing an equally polished voluntary routine.

Building on this success Michael; representing the southern region, joined with two boys from Edgbarrow to win the U15 boys team event and was part of the team that finished in overall third place.

Michael jumps at Ricochet Trampoline Club based at Bury Lawn School.

MK SPORT

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Lightning's winning weekend

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MK Lions' Yorick Williams fires in a basket against The Sharks – report inside

Dons boss shuffling the pack

BY ROB GIBSON

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CONSISTENCY in training is the key if MK Dons are to win promotion to the Championship, according to manager Roberto Di Matteo.

Yesterday the Italian manager said there was no secret to his side's impressive streak through November, instead underlining the importance of training as a group.

"Obviously we've been able to work with a core group of players now over three or four months and I think that shows results," Di Matteo said.

"There is no secret to any of this, it's just we need a bit of consistency in training with the full squad. We haven't had much of that to be honest, just players coming and going and suspended and it's been very difficult."

The squad had a break due to the FA Cup games at the weekend but there was no let up as they underwent two full training sessions on Friday and Saturday.

Now the focus is on the visit of Scunthorpe but a string of injuries has left Di Matteo with few choices.

"To be honest I just look game by game, I don't look forward too much because every game something happens and your plan gets thrown out of the window so I just think about what we have to do on Saturday.

"God knows what's going to happen afterwards."

The Dons boss, on his debut season in management, has clearly learned the strains of the job.

However, the break has allowed Carl Regan a return to training, with Jude Stirling set to join him later this week.

Both could feature on Saturday but Miguel Llera is suspended, Aaron Wilbraham was struck down with flu yesterday and injuries continue for captain Dean Lewington, Danny Swailes, and Florian Sturm.

"We need every player because as you can see we are covering left and right," Di Matteo said.

"We just have to deal with it, get on with it, just shuffle the team a little bit and do our best."

Scunthorpe are currently sitting sixth in League One but have lost their last two matches.

"They are a very good team, offensively very strong," said Di Matteo.

"They score very easily, score lots of goals and it will be a tough challenge for us.

"It's a tight league and as you can see the top six or seven teams, divided by three points."

Dons will need to resurrect their November form on Saturday and the fans know that top spot is possible if Leicester fail to beat Southend.

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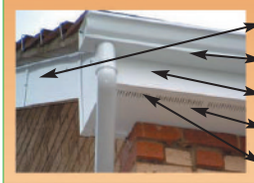

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